

COMPOSITION OF FOODS

SAUSAGES AND LUNCHEON MEATS
RAW • PROCESSED • PREPARED

AGRICULTURE HANDBOOK No. 8-7
UNITED STATES DEPARTMENT OF AGRICULTURE
SCIENCE AND EDUCATION ADMINISTRATION

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By Consumer Nutrition Center

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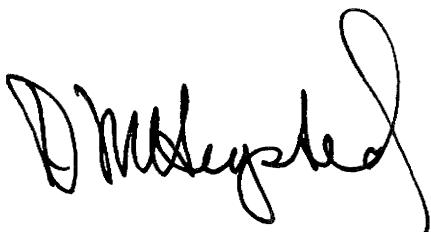
This publication was prepared by the Consumer Nutrition Center, which was formerly the Consumer and Food Economics Institute.

FOREWORD

Agriculture Handbook No. 8 represents a traditional function of the Science and Education Administration of the U.S. Department of Agriculture. The development of the basic food composition tables used in the United States commenced more than 80 years ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in the USDA. In 1896, the now classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and health-related scientists depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." It is envisaged that this edition of Agriculture Handbook No. 8 will in its turn also be replaced. The task of deriving representative nutritive values of foods is a historical responsibility of USDA. This task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.



D. M. Hegsted, Administrator
Human Nutrition

AGRICULTURE HANDBOOK NO. 8 SERIES

<u>Series No.</u>	<u>Food group</u>	<u>Year issued</u>	<u>Number of items</u>
8-1	Dairy and Egg Products	1976	144
8-2	Spices and Herbs	1977	43
8-3	Baby Foods	1978	217
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PREFACE

Revision and updating of the major nutrient tables issued by the U.S. Department of Agriculture are needed to provide current nutrient information on foods. This revision of Agriculture Handbook No. 8 is being issued in sections so as to expedite release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products.

To facilitate continuous, rapid updating, the handbook is being prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item, given on the 100-gram food basis, in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased, a format permitting a concise presentation of the data and comparison of values from one unit of measure to another. The scope of the nutrient listing has been enlarged. Values are provided for refuse, energy, proximate composition (water, protein, fat, carbohydrate, and ash), 9 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B₆, folacin, vitamin B₁₂, and vitamin A), individual fatty acids, total saturated, monounsaturated, and polyunsaturated fatty acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. It is hoped that the revised and enlarged compilation of data will meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

ACKNOWLEDGMENTS

The principal investigators gratefully acknowledge the contributions of the following members of the Consumer Nutrition Center: Jan L. Janiczek and Edward L. Sherman for statistical analyses and computer programing, Betty P. Perloff for assistance with Nutrient Data Bank operations, and Mildred T. Pati for word-processing and computer systems operation. They also express their gratitude to Young-sun Son of the University of Maryland for technical assistance and to the individuals in private industry who supplied data and information used in this study.

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COMPOSITION OF FOODS

SAUSAGES AND LUNCHEON MEATS

RAW • PROCESSED • PREPARED

This is the seventh in a series of publications designed to revise and expand the food composition values published in Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," revised in 1963 (14).¹ This section of the handbook was prepared to serve as a basic reference for data on nutrients in sausages and luncheon meats. Preparation of the table was computer assisted using the facilities of the Nutrient Data Bank (NDB), which has been established by the U.S. Department of Agriculture (3).

The number of sausages and luncheon meats for which data are tabulated has been extended to 80, about twice the number in the 1963 edition of the handbook. All items in this revision are marketed products. Much of the nutrient data was obtained from analyses conducted since 1973 for nutritional labeling. The values for almost every food item in the 1963 handbook have been changed to incorporate more recent findings. The nutrient values in this revision supersede data for these specific foods as given in the previous edition.

SOURCES OF DATA

The data used here were obtained primarily from private communications. Only limited data are included from the scientific and technical literature. Sources of unpublished data are in-

dustry, government agencies, and studies conducted under contract with the Science and Education Administration. Values for poultry products are from Agriculture Handbook No. 8-5 (4).

EXPLANATION OF TABLE

Format

The alphabetical arrangement of the foods in the table parallels that of the 1963 handbook. A guide with the names of the products, corresponding item numbers from the 1963 edition, and the NDB and page numbers precedes the table.

The five-digit NDB number in the lower right corner of the table is used for

computer access to the data in the NDB and also refers to the food item on machine-readable tapes of the data. The first two digits designate the section or major food group for which the publication is issued, and the last three digits indicate the specific food. Each page is dated by year of preparation. When the table is updated or expanded, new pages will be issued with instructions for insertion.

The data in the table are given per 100 grams of edible portion in column B; as the amount in the edible

¹Underlined numbers in parentheses refer to Literature Cited, p. 6.

portion of two household measures and/or market units in columns E and F; and as the amount in the edible portion of 1 pound (453.6 grams) of food as purchased in column C. The refuse values for all items are shown as zero, although in some instances the casing, if present, might not be eaten.

The measures and weights for which nutrient values are given appear above columns E and F. Abbreviations are listed in the appendix. The market units selected were commonly used at the time of publication. Dimensions of slices, links, and patties are given in footnotes to further describe serving units. Package and serving sizes are listed in Agriculture Handbook No. 456 (1).

Data in column B are the sample means. Values in column C are the sample standard errors given to three decimal places. Column D contains the number of observations on which values in columns B and C are based.

The number of decimal places for some nutrient data differs from that of the 1963 handbook. The decimal places shown are those in which the bulk of the analytical data was obtained and do not always reflect the accuracy of the data for all nutrients in all food items. The same number of decimal places for data on the 100-gram basis was carried for data given in other units of measure.

Values in columns E, F, and G were calculated from the data in column B on the 100-gram basis given to three decimal places. Weights above columns E and F are not rounded further than when used to compute the nutritive values shown in these columns.

For some food items, mean values for fatty acids and amino acids are given without an accompanying number of samples. These values were calculated from typical product formulations (8, 9, 12) or by applying to these items fatty acid and/or amino acid patterns corresponding to products containing identical sources of lipid and/or protein.

Nutrients

Proximate.--Data for water are given in the table as grams in the edible portion of the food. Food energy is expressed in terms of both kilocalories and kilojoules. The data are for physiologic energy values and represent the energy value remaining after losses in digestion and metabolism have been deducted. The specific calorie factors used in this publication for calculating energy values are as follows:

	Kcal/g
Protein	4.27
Fat	9.02
Carbohydrate	3.87
	3.68

The carbohydrate factor of 3.68 was used when the major type of carbohydrate in the food was dextrose. The factors are based on the Atwater system for determining energy values. Details of the derivation of these factors are outlined in Agriculture Handbook No. 74(10). Kilocalories were converted into kilojoules using the factor 4.184.

The values for protein were calculated from determining the content of total nitrogen (N) in the food using the conversion factor recommended by Jones (7). The specific factor applied to each food item, 6.25, is shown in the stub of the table following protein. The carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, fat, and ash. Fiber, if present, is included in the total carbohydrate figure.

Minerals.--Data on the content of nine mineral elements are included in the table. Zinc, copper, and manganese have been added to the elements that were reported in the 1963 handbook. The mineral data were obtained primarily by emission spectroscopy. The values represent the total amount of each mineral present in the edible portion of the food and include those amounts, if any,

added to the product in preparation for the retail market. They are not necessarily the amounts of the mineral elements available to the body.

For some samples, values for manganese were reported as below the limit of detection. They could not be included in the means shown in the table. Therefore, the manganese values given here may be slightly overstated.

Vitamins.--Ascorbic acid values are expressed in terms of reduced ascorbic acid. Most of the data for thiamin were determined by the fluorometric thiocchrome procedure. Riboflavin and niacin data were obtained microbiologically. The values for niacin are for the preformed vitamin and do not include the niacin that could be contributed by tryptophan, a niacin precursor. The term "niacin equivalent" applies to the potential niacin value, that is, to the sum of the preformed niacin and the amount that could be derived from tryptophan. In estimating the amount of niacin available from foods, the mean value of 60 mg of tryptophan is considered equivalent to 1 mg of niacin (11). Values shown for folacin are for total folate activity. Values for vitamin A are for chemically determined preformed vitamin A and the activity is expressed both as international units (IU) and as retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol; one RE is equivalent to 1 mcg or 3.33 IU of retinol.

Lipids.--Trivial or scientific names

for the fatty acids have not been used because the values for the unsaturated acids include positional and geometric isomers. In the list of fatty acids, the first number indicates the number of carbon atoms and the second the double bonds in the chain. Only data obtained by gas-liquid chromatographic analyses are included. The values shown are for the actual quantity of each fatty acid in the food and do not represent fatty acid triglycerides.

The fatty acid content of the total lipid of sausages and luncheon meats varies with the type of meat and the percentage of fatty tissue in the product. The percentages of fatty acids in the lipid of these food items were derived from product formulations and from the specific meat lipids comprising the fat as previously described (2).

The cholesterol values in the table are means of data obtained by either colorimetric or gas-liquid chromatographic procedures.

Amino Acids.--The data represent results obtained primarily with chromatographic methods. Amino acid contents of each food were calculated from the mean amino acid contents per gram of nitrogen using the protein content and nitrogen factors given in the table for the specific food. The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount in a specific quantity of food by the nitrogen content of the same quantity of food.

NOTES ON SAUSAGES AND LUNCHEON MEATS

This publication contains nutrient information on 66 meat and 14 poultry processed food products. Over 5.5 billion pounds of these fresh or cured products were prepared and processed under U.S. Federal inspection during 1978 (13). Many of these products are subject to compositional or recipe requirements (specified products) as described in the Meat and Poultry

Inspection Regulations of the U.S. Department of Agriculture (5, 6).

Sausages may be defined generally as comminuted meat food products made from one or more kinds of meat either alone or in combination with nonmeat ingredients. The species of meat ingredient or ingredients for each product in the table are in decreasing order of predominance for all foods for which this

information was available. Sausages are either fresh (contain no sodium and/or potassium nitrite and/or nitrate) or cured (contain sodium and/or potassium nitrite and/or nitrate). Within these two broad categories, either fresh or cured sausages may be cooked or not cooked, smoked or not smoked, and dried or semidried. Sausages are frequently classified according to the manner of processing, as fresh; uncooked, smoked; semidry and dry; cooked; and cooked, smoked.

Fresh sausages are made from fresh meat that has not been cured with nitrite or nitrate. They are generally seasoned and must be cooked before eating. Fresh sausage types included in this publication are bockwurst, bratwurst, Italian sausage, fresh pork and beef sausage, and fresh pork sausage, which includes fresh country-style pork sausage. The pork and veal bockwurst is a speciality product defined by a recipe standard to contain milk and eggs. Values for uncooked bockwurst are shown in the table. However, both bockwurst and bratwurst may be marketed as cooked sausages, and fully cooked bratwurst is included in the table. Data for fresh pork and beef sausage are based on the product after it has been cooked. Data for both raw and cooked Italian and fresh pork sausage are also shown.

Uncooked, smoked sausages are almost always prepared with cured meat. However, there are no products in the table that fall into this category. Kielbasa (kolbassy) is frequently included in this category, but the product shown in this table is a cooked sausage.

Semidry and dry sausages are frequently characterized by microbial fermentation, which produces a "tangy," mildly acid taste. Sausages that are Germanic in origin (summer sausage, cervelat, Thüringer) are generally smoked and cooked. However, those of Italian origin (pepperoni and Genoa salami) are not generally cooked or smoked.

Summer sausage, cervelat, and Thür-

inger are semidry products. Lebanon bologna is a semidry Germanic sausage, which is not cooked but is heavily smoked. Dry sausages are represented by chorizos, pepperoni, and the hard style salamis.

The remaining sausages in the table are cured and cooked. They may or may not be smoked, and all may be eaten without further cooking or they may be reheated before eating. The major difference between cooked sausage and cooked, smoked sausage is that if the former is smoked, the smoking is done after cooking is completed. Cooked sausages are usually prepared from fresh, uncured meat, although cured meats can be used. Often the formulations contain variety or organ meats. The cooked sausages in this publication include the liver sausages, Braunschweiger and liverwurst, and blood sausage.

The cooked, smoked sausages in the table come in various shapes and forms of encasement and differ widely in particle size. Some, such as bologna and frankfurters, are finely cut, whereas others, such as cooked salami and berliner, are made of coarsely ground meat. Federal regulations specify an upper limit of 30 percent of fat based on cooked composition for certain of these products, namely, frankfurters, Vienna sausage, bologna, and knockwurst. These sausages may have up to 10 percent of added water. They may contain meat byproducts or variety meats and nonmeat ingredients, such as nonfat dry milk, cereal grains, soy flours (not to exceed 3-1/2 percent of the cooked product), and isolated soy protein (not to exceed 2 percent of the cooked product). Nonmeat ingredients, if present in any of the cured, cooked sausages, are listed after the product at the top of each page. Poultry is not present as an ingredient in any of the cured and cooked red meat sausages shown in the table. However, such poultry containing products are available on the market.

This publication presents data for a wide variety of popular items that

are collectively referred to as luncheon meats or cooked meat specialties. They include minced ham products; jellied products, such as jellied corned beef loaf and headcheese; luncheon meats; meat loaves; spreads; and pâtés. All of these products are cooked and may be eaten cold or reheated, and all must be kept under refrigeration.

Meat loaves are described by their shape and may be fresh uncooked, fresh cooked, or cured cooked. Both fresh and cured meat loaves may be specified or nonspecified (have no compositional or recipe requirement). Cured, cooked meat loaves that are specified are not permitted to contain extenders or binders. They may have up to 3 percent of added water. These requirements also apply to luncheon meats. Fresh, specified meat loaves must contain at least 65 percent of meat and no more than 12 percent of nonmeat

extenders. Nonspecified loaves are composed of various nonmeat ingredients combined with meat. The word meat or the type of meat used, such as beef or pork, does not appear in the product name. Rather, the name of the loaf often characterizes the nonmeat ingredients, for example, pickle and pimiento, barbecue, or honey loaf. Nonspecified loaves may or may not be cured, and there are no restrictions on amounts of meat and nonmeat ingredients used to make these products.

The spreads listed in the table are marketed either in cans or in chubs, which are plastic tubes. Spreads that are specified must contain at least 50 percent of the meat ingredient named, based on the weight of fresh meat. The liver products, such as the liver pâtés, liver cheese, and liver sausages, contain at least 30 percent of liver computed on the weight of fresh liver.

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APPENDIX

List of Abbreviations

approx	approximately
diam	diameter
g	gram
in	inch
IU	international unit
kcal	kilocalorie
kJ	kilojoule
lb	pound
mcg	microgram
mg	milligram
N	nitrogen
NDB	Nutrient Data Bank
net wt	net weight
No	number
oz	ounce
pkg	package
RE	retinol equivalent
tbsp	tablespoonful

GUIDE TO SAUSAGES AND LUNCHEON MEATS

	AH-8 item (1963)	AH-8-7 NDB No. Page
Barbecue loaf	07001	13
Beerwurst, beer salami:		
Beef	07002	14
Pork	07003	15
Berliner	07004	16
Blood sausage	1980	07005
Bockwurst, raw	1981	07006
Bologna:		
Beef	07007	19
Beef and pork	1983	07008
Pork	07010	21
Turkey	07011	22
Bratwurst	07013	23
Braunschweiger (a liver sausage)	1986, 2004	07014
Breakfast sausage. [See Pork and beef sausage, fresh, cooked (NDB No. 07065).]		
Brotwurst	07015	25
Brown and serve sausage. [See Pork and beef sausage, fresh, cooked (NDB No. 07065).]		
Cervelat. [See Thüringer (NDB No. 07078).]		
Cheesefurter, cheese smokie	07016	26
Chicken roll, light meat	07017	27
Chicken spread, canned	07018	28
Chorizo	07019	29
Corned beef loaf, jellied	07020	30
Cotto salami. [See Salami, cooked (NDB Nos. 07068 and 07069).]		
Country-style pork sausage. [See Pork sausage (NDB Nos. 07063 and 07064).]		
Dutch brand loaf	07021	31
Frankfurter:		
Beef	07022	32
Beef and pork	1995	07023
Chicken	07024	34
Turkey	07025	35
Ham, chopped:		
Canned	2006	07026
Not canned	07027
Ham, minced	2009	07030
Ham, sliced:		
Extra lean (approx. 5% fat)	07028
Regular (approx. 11% fat)	2005	07029
Ham and cheese loaf or roll	07032

	AH-8 item (1963)	AH-8-7 NDB No. Page	
Ham and cheese spread	07033	42	
Ham salad spread	07031	43	
Headcheese	2001	07034	44
Honey loaf		07035	45
Honey roll sausage		07088	46
Italian sausage:			
Raw	07036	47	
Cooked	07089	48	
Kielbasa, kolbassy	2011	07037	49
Knackwurst, knockwurst	2002	07038	50
Lebanon bologna		07039	51
Liver cheese		07040	52
Liver sausage, liverwurst	2003	07041	53
Luncheon meat:			
Beef, loaved	07042	54	
Beef, thin sliced	07043	55	
Pork, beef	2012	07047	56
Pork, canned		07045	57
Luncheon sausage		07090	58
Luxury loaf		07060	59
Mortadella	2010	07050	60
Mother's loaf		07061	61
New England brand sausage		07091	62
Old fashioned loaf. [See Dutch brand loaf (NDB No. 07021).]			
Olive loaf		07051	63
Pastrami, turkey		07052	64
Pâté, liver, canned:			
Chicken	07053	65	
Goose, smoked	1478	07054	66
Not specified		07055	67
Peppered loaf		07056	68
Pepperoni		07057	69
Pickle and pimiento loaf		07058	70
Picnic loaf		07062	71
Polish sausage		07059	72
Pork and beef sausage, fresh, cooked	1988	07065	73
Pork sausage, fresh:			
Raw	2013	07063	74
Cooked	2014	07064	75
Poultry salad sandwich spread		07067	76
Salami, cooked:			
Beef		07068	77
Beef and pork	2018	07069	78
Turkey		07070	79
Salami, dry or hard:			
Pork		07071	80
Pork, beef	2017	07072	81

	AH-8 item (1963)	AH-8-7 NDB No.	Page
Sandwich spread	1967	07073	82
Smoked link sausage:			
Pork		07074	83
Pork and beef		07075	84
Pork and beef, flour and nonfat dry milk added		07076	85
Pork and beef, nonfat dry milk added		07077	86
Summer sausage. [See Thüringer (NDB No. 07078).]			
Thüringer, cervelat, summer sausage	1991, 2021	07078	87
Turkey breast meat		07079	88
Turkey ham, cured turkey thigh meat		07080	89
Turkey roll:			
Light and dark meat		07082	90
Light meat		07081	91
Vienna sausage, canned	2022	07083	92
Wiener. [See Frankfurter (NDB Nos. 07022, 07023, 07024, and 07025).]			

TABLE OF NUTRIENT DATA

[Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount. Blank spaces indicate that the presence of the nutrient is uncertain.]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 slice = 23 g ¹	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	64.82	0.836	5	14.91	18.38	294.02
Food energy	{ kcal	173			40	49	783
Protein (N X 6.25)	{ kJ	723			166	205	3,277
Total lipid (fat)	g	15.84	0.436	5	3.64	4.49	71.84
Carbohydrate, total	g	8.90	1.046	5	2.05	2.52	40.37
Fiber	g	6.40			1.47	1.82	29.04
Ash	g	4.04	0.136	5	0.93	1.15	18.33
MINERALS:							
Calcium	mg	55	4.273	5	13	15	248
Iron	mg	1.16	0.262	5	0.27	0.33	5.27
Magnesium	mg	17	1.157	5	4	5	76
Phosphorus	mg	132	12.840	5	30	38	601
Potassium	mg	329	6.985	5	76	93	1,492
Sodium	mg	1,334	47.217	5	307	378	6,050
Zinc	mg	2.46	0.186	5	0.57	0.70	11.16
Copper	mg	0.07	0.012	5	0.02	0.02	0.33
Manganese	mg	0.040	0.005	5	0.009	0.011	0.181
VITAMINS:							
Ascorbic acid ²	mg	19	1.530	5	4	5	85
Thiamin	mg	0.360	0.012	5	0.083	0.102	1.633
Riboflavin	mg	0.248	0.013	5	0.057	0.070	1.125
Niacin	mg	2.266	0.197	5	0.521	0.642	10.279
Pantothenic acid	mg	1.57		1	0.36	0.45	7.12
Vitamin B ₆	mg	0.26	0.030	5	0.06	0.07	1.18
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	1.68	0.119	5	0.39	0.48	7.63
Vitamin A	{ RE	---			---	---	---
	{ IU	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	3.17			0.73	0.90	14.38
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04	0.010	5	0.01	0.01	0.16
12:0	g	0.02	0.004	5	0.00	0.01	0.09
14:0	g	0.14	0.008	5	0.03	0.04	0.63
16:0	g	1.89	0.246	5	0.43	0.54	8.57
18:0	g	1.09	0.134	5	0.25	0.31	4.92
Monounsaturated, total	g	4.14			0.95	1.17	18.80
16:1	g	0.35	0.033	5	0.08	0.10	1.58
18:1	g	3.80	0.491	5	0.87	1.08	17.22
Polyunsaturated, total	g	0.81			0.19	0.23	3.69
18:2	g	0.72	0.056	5	0.17	0.21	3.28
18:3	g	0.09	0.015	5	0.02	0.03	0.40
18:4	g				---	---	---
20:4	g	---			---	---	---
20:5	g				---	---	---
22:5	g				---	---	---
22:6	g				---	---	---
Cholesterol	mg	37	3.572	5	9	11	170
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g		---		---	---	---
Threonine	g		---		---	---	---
Isoleucine	g		---		---	---	---
Leucine	g		---		---	---	---
Lysine	g		---		---	---	---
Methionine	g		---		---	---	---
Cystine	g		---		---	---	---
Phenylalanine	g		---		---	---	---
Tyrosine	g		---		---	---	---
Valine	g		---		---	---	---
Arginine	g		---		---	---	---
Histidine	g		---		---	---	---
Alanine	g		---		---	---	---
Aspartic acid	g		---		---	---	---
Glutamic acid	g		---		---	---	---
Glycine	g		---		---	---	---
Proline	g		---		---	---	---
Serine	g		---		---	---	---

¹ Weight applies to slice, which is 5-7/8 by 3-1/2 by 1/16 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BEERWURST, BEER SALAMI, Beef

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 slice = 6 g ¹	1 slice = 23 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	53.70	0.360	3	3.22 19	12.35 75	
Food energy	{ kcal	324			81	1,472	
	kJ	1,358				6,160	
Protein (N X 6.25)	g	12.33	0.491	3	0.74	55.94	
Total lipid (fat)	g	29.40	1.081	3	1.76	133.36	
Carbohydrate, total	g	1.73			0.10	7.87	
Fiber	g	0.00			0.00	0.00	
Ash	g	2.83	0.185	3	0.17	12.85	
MINERALS:							
Calcium	mg	9	0.333	3	1	39	
Iron	mg	1.36	0.109	3	0.08	6.18	
Magnesium	mg	12	0.000	3	1	54	
Phosphorus	mg	105	1.202	3	6	478	
Potassium	mg	184	1.000	3	11	835	
Sodium	mg	932	50.234	3	56	4,226	
Zinc	mg	2.63	0.133	3	0.16	11.94	
Copper	mg	0.05	0.010	3	0.00	0.23	
Manganese	mg	---			---	---	
VITAMINS:							
Ascorbic acid ³	mg	14	0.333	3	1	65	
Thiamin	mg	0.113	0.039	3	0.007	0.513	
Riboflavin	mg	0.123	0.003	3	0.007	0.558	
Niacin	mg	2.870	0.261	3	0.172	13.018	
Pantothenic acid	mg	0.33		1	0.02	1.50	
Vitamin B ₆	mg	0.21	0.012	3	0.01	0.05	
Folacin	mcg	3			0	14	
Vitamin B ₁₂	mcg	2.11	0.076	3	0.13	0.49	
Vitamin A	{ RE					9.58	
	(IU)						
LIPIDS:							
Fatty acids:							
Saturated, total	g	12.00			0.72	2.76	
4:0	g					54.43	
6:0	g						
8:0	g						
10:0	g	0.03	0.006	3	0.00	0.13	
12:0	g	0.03	0.006	3	0.00	0.13	
14:0	g	0.94	0.053	3	0.06	4.28	
16:0	g	7.49	0.392	3	0.45	33.98	
18:0	g	3.51	0.154	3	0.21	15.91	
Monounsaturated, total	g	14.15			0.85	3.25	
16:1	g	2.31	0.098	3	0.14	0.53	
18:1	g	11.84	0.285	3	0.71	2.72	
20:1	g					53.71	
22:1	g						
Polyunsaturated, total	g	0.96			0.06	0.22	
18:2	g	0.71	0.031	3	0.04	0.16	
18:3	g	0.25	0.008	3	0.02	0.06	
18:4	g						
20:4	g	---			---	---	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	56	5.189	4	3	13	
Phytosterols	mg					255	
AMINO ACIDS:							
Tryptophan	g	0.112			0.007	0.508	
Threonine	g	0.466			0.028	2.114	
Isoleucine	g	0.533			0.032	2.418	
Leucine	g	0.906			0.054	4.110	
Lysine	g	0.945			0.057	4.287	
Methionine	g	0.286			0.017	1.297	
Cystine	g	0.158			0.009	0.036	
Phenylalanine	g	0.444			0.027	0.102	
Tyrosine	g	0.402			0.024	0.092	
Valine	g	0.543			0.033	0.125	
Arginine	g	0.762			0.046	3.456	
Histidine	g	0.393			0.024	0.090	
Alanine	g	0.888			0.053	0.204	
Aspartic acid	g	1.207			0.072	0.278	
Glutamic acid	g	2.009			0.121	0.462	
Glycine	g	1.030			0.062	0.237	
Proline	g	0.888			0.053	0.204	
Serine	g	0.497			0.030	0.114	

¹ Weight applies to slice, which is 2-3/4 in diam., 1/16 in thick.² Weight applies to slice, which is 4 in diam., 1/8 in thick.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BEERWURST, BEER SALAMI, Pork

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 slice = 6 g ¹	1 slice = 23 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	61.46	0.702	5	3.69	14.14	
Food energy	{ kcal	238		14	55	278.78	
	{ kJ	997		60	229	1,081	
Protein (N X 6.25)	g	14.24	0.306	5	0.85	64.58	
Total lipid (fat)	g	18.80	0.698	5	1.13	85.28	
Carbohydrate, total	g	2.06			0.12	9.36	
Fiber	g	0.00			0.00	0.00	
Ash	g	3.44	0.068	5	0.21	0.79	
MINERALS:							
Calcium	mg	8	0.837	5	0	36	
Iron	mg	0.76	0.182	5	0.05	3.44	
Magnesium	mg	13	0.735	5	1	60	
Phosphorus	mg	103	8.908	5	6	465	
Potassium	mg	253	15.783	5	15	1,148	
Sodium	mg	1,240	27.018	5	74	5,625	
Zinc	mg	1.72	0.124	5	0.10	7.80	
Copper	mg	0.05	0.018	5	0.00	0.24	
Manganese	mg	0.032	0.007	3	0.002	0.145	
VITAMINS:							
Ascorbic acid ³	mg	29	1.157	5	2	132	
Thiamin	mg	0.554	0.034	5	0.033	2.513	
Riboflavin	mg	0.192	0.010	5	0.012	0.871	
Niacin	mg	3.254	0.307	5	0.195	14.760	
Pantothenic acid	mg	0.49		1	0.03	2.22	
Vitamin B ₆	mg	0.35	0.083	5	0.02	0.08	
Folacin	mcg	3	0.400	4	0	1.58	
Vitamin B ₁₂	mcg	0.87	0.019	5	0.05	14	
Vitamin A	{ RE					3.93	
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.28			0.38	1.44	
4:0	g					28.49	
6:0	g						
8:0	g						
10:0	g	0.09	0.017	4	0.01	0.42	
12:0	g	0.09	0.015	4	0.01	0.41	
14:0	g	0.27	0.014	5	0.02	1.24	
16:0	g	3.89	0.180	5	0.23	0.89	
18:0	g	1.94	0.080	5	0.12	0.45	
Monounsaturated, total	g	8.98			0.54	2.06	
16:1	g	0.77	0.045	5	0.05	0.18	
18:1	g	8.21	0.429	5	0.49	1.89	
20:1	g					37.22	
22:1	g						
Polyunsaturated, total	g	2.36			0.14	0.54	
18:2	g	1.94	0.106	5	0.12	10.70	
18:3	g	0.42	0.059	5	0.02	8.82	
18:4	g					1.88	
20:4	g	---			---	---	
20:5	g				---	---	
22:5	g						
22:6	g						
Cholesterol	mg	59	4.734	4	4	13	
Phytosterols	mg					265	
AMINO ACIDS:							
Tryptophan	g	0.112		1	1.007	0.026	
Threonine	g	0.565		1	0.034	2.563	
Isoleucine	g	0.485		1	0.029	2.200	
Leucine	g	0.943		1	0.057	4.277	
Lysine	g	1.032		1	0.062	4.681	
Methionine	g	0.355		1	0.021	1.610	
Cystine	g	0.107		1	0.006	0.485	
Phenylalanine	g	0.451		1	0.027	2.046	
Tyrosine	g	0.403		1	0.024	1.828	
Valine	g	0.510		1	0.031	2.313	
Arginine	g	0.809		1	0.049	3.670	
Histidine	g	0.419		1	0.025	1.901	
Alanine	g	0.770		1	0.046	3.493	
Aspartic acid	g	1.198		1	0.072	5.434	
Glutamic acid	g	2.141		1	0.128	9.712	
Glycine	g	0.781		1	0.047	3.543	
Proline	g	0.640		1	0.038	2.903	
Serine	g	0.569		1	0.034	2.581	

¹ Weight applies to slice, which is 2-3/4 in diam., 1/16 in thick.² Weight applies to slice, which is 4 in diam., 1/8 in thick.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BERLINER, Pork, beef

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 slice = 23 g ¹	1 oz = 28.35 g		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	60.97	0.260	3	14.02	17.28	276.55
Food energy	kcal	230			53	65	1,043
Food energy	kj	962			221	273	4,363
Protein (N X 6.25)	g	15.27	0.120	3	3.51	4.33	69.25
Total lipid (fat)	g	17.20	0.458	3	3.96	4.88	78.02
Carbohydrate, total	g	2.60			0.60	0.74	11.79
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.97	0.033	3	0.91	1.12	17.99
MINERALS:							
Calcium	mg	12	2.028	3	3	3	53
Iron	mg	1.15	0.072	3	0.27	0.33	5.23
Magnesium	mg	15	1.528	3	3	4	68
Phosphorus	mg	130	18.550	3	30	37	591
Potassium	mg	283	20.915	3	65	80	1,282
Sodium	mg	1,297	65.659	3	298	368	5,882
Zinc	mg	2.47	0.233	3	0.57	0.70	11.19
Copper	mg	0.08	0.021	3	0.02	0.02	0.36
Manganese	mg	0.041	0.012	3	0.009	0.012	0.186
VITAMINS:							
Ascorbic acid ²	mg	7	1.856	3	2	2	33
Thiamin	mg	0.380	0.023	3	0.087	0.108	1.724
Riboflavin	mg	0.213	0.009	3	0.049	0.060	0.966
Niacin	mg	3.110	0.274	3	0.715	0.882	14.107
Pantothenic acid	mg	---			---	---	---
Vitamin B ₆	mg	0.20	0.013	3	0.05	0.06	0.92
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	2.67	0.352	3	0.61	0.76	12.12
Vitamin A	{RE. IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.08			1.40	1.72	27.59
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02	0.003	3	0.01	0.01	0.11
12:0	g	0.01	0.000	3	0.00	0.00	0.04
14:0	g	0.22	0.017	3	0.05	0.06	1.01
16:0	g	3.69	0.107	3	0.85	1.05	16.73
18:0	g	2.14	0.019	3	0.49	0.61	9.70
Monounsaturated, total	g	8.00			1.84	2.27	36.28
16:1	g	0.66	0.053	3	0.15	0.19	2.99
18:1	g	7.34	0.185	3	1.69	2.08	33.29
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.58			0.36	0.45	7.17
18:2	g	1.40	0.052	3	0.32	0.40	6.34
18:3	g	0.18	0.005	3	0.04	0.05	0.83
18:4	g						
20:4	g				---	---	---
20:5	g				---	---	---
22:5	g				---	---	---
22:6	g				---	---	---
Cholesterol	mg	46	1.667	3	11	13	207
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.175			0.040	0.050	0.794
Threonine	g	0.654			0.150	0.185	2.967
Isoleucine	g	0.682			0.157	0.193	3.094
Leucine	g	1.201			0.276	0.340	5.448
Lysine	g	1.319			0.303	0.374	5.983
Methionine	g	0.391			0.090	0.111	1.774
Cystine	g	0.221			0.051	0.063	1.002
Phenylalanine	g	0.600			0.138	0.170	2.722
Tyrosine	g	0.480			0.110	0.136	2.177
Valine	g	0.703			0.162	0.199	3.189
Arginine	g	1.041			0.239	0.295	4.722
Histidine	g	0.588			0.135	0.167	2.667
Alanine	g	0.940			0.216	0.266	4.264
Aspartic acid	g	1.484			0.341	0.421	6.731
Glutamic acid	g	2.355			0.542	0.668	10.682
Glycine	g	0.867			0.199	0.246	3.933
Proline	g	0.736			0.169	0.209	3.338
Serine	g	0.605			0.139	0.172	2.744

¹ Weight applies to slice, which is 2-1/2 in diam., 1/4 in thick.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 slice = 25 g ¹	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	47.33	1.770	14	11.83 95	13.42 107
Food energy	{ kcal	378			396	214.67 1,716
	kJ	1,583				7,181
Protein (N X 6.25)	g	14.61	0.674	14	3.65	4.14
Total lipid (fat)	g	34.48	2.277	14	8.62	9.78
Carbohydrate, total	g	1.28			0.32	0.36
Fiber	g					5.79
Ash	g	2.31	0.140	13	0.58	0.65
MINERALS:						10.46
Calcium	mg	---			---	---
Iron	mg	---			---	---
Magnesium	mg	---			---	---
Phosphorus	mg	---			---	---
Potassium	mg	---			---	---
Sodium	mg	---			---	---
Zinc	mg	---			---	---
Copper	mg	---			---	---
Manganese	mg	---			---	---
VITAMINS:						
Ascorbic acid	mg	---			---	---
Thiamin	mg	---			---	---
Riboflavin	mg	---			---	---
Niacin	mg	---			---	---
Pantothenic acid	mg	---			---	---
Vitamin B6	mg	---			---	---
Folacin	mcg	---			---	---
Vitamin B12	mcg	---			---	---
Vitamin A	{ RE				---	---
	IU				---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	13.37			3.34	3.79
4:0	g					60.65
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.03		1	0.01	0.01
14:0	g	0.62		1	0.16	0.18
16:0	g	8.30		1	2.08	2.35
18:0	g	4.41		1	1.10	1.25
Monounsaturated, total	g	15.85			3.96	4.49
16:1	g	0.88		1	0.22	0.25
18:1	g	14.97		1	3.74	4.24
20:1	g					67.91
22:1	g					
Polyunsaturated, total	g	3.46			0.87	0.98
18:2	g	3.20		1	0.80	0.91
18:3	g	0.26		1	0.07	0.07
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	120		1	30	34
Phytosterols	mg					544
AMINO ACIDS:						
Tryptophan	g	---			---	---
Threonine	g	---			---	---
Isoleucine	g	---			---	---
Leucine	g	---			---	---
Lysine	g	---			---	---
Methionine	g	---			---	---
Cystine	g	---			---	---
Phenylalanine	g	---			---	---
Tyrosine	g	---			---	---
Valine	g	---			---	---
Arginine	g	---			---	---
Histidine	g	---			---	---
Alanine	g	---			---	---
Aspartic acid	g	---			---	---
Glutamic acid	g	---			---	---
Glycine	g	---			---	---
Proline	g	---			---	---
Serine	g	---			---	---

¹ Weight applies to slice, which is 5 by 4-5/8 by 1/16 in.

BOCKWURST, Raw, pork, veal, milk, eggs

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 link = 65 g ¹	1 oz = 28.35 g	Refuse: 0	G
A	B	C	D	E	F		
PROXIMATE:							
Water	g	56.12	0.660	3	36.48	15.91	254.56
Food energy	{ kcal	307		200	87	1,395	
Protein (N X 6.25)	g	1,286	13.32	836	365	5,835	
Total lipid (fat)	g	27.57	1.326	3	8.66	3.78	60.43
Carbohydrate, total	g	0.48		3	17.92	7.82	125.07
Fiber	g				0.31	0.14	2.20
Ash	g		2.50	1	1.63	0.71	11.34
MINERALS:							
Calcium	mg	---		---	---	---	
Iron	mg	---		---	---	---	
Magnesium	mg	---		---	---	---	
Phosphorus	mg	---		---	---	---	
Potassium	mg	---		---	---	---	
Sodium	mg	---		---	---	---	
Zinc	mg	---		---	---	---	
Copper	mg	---		---	---	---	
Manganese	mg	---		---	---	---	
VITAMINS:							
Ascorbic acid	mg	---		---	---	---	
Thiamin	mg	---		---	---	---	
Riboflavin	mg	---		---	---	---	
Niacin	mg	---		---	---	---	
Pantothenic acid	mg	---		---	---	---	
Vitamin B ₆	mg	---		---	---	---	
Folacin	mcg	---		---	---	---	
Vitamin B ₁₂	mcg	---		---	---	---	
Vitamin A	{ RE	---		---	---	---	
	{ IU	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	10.13		6.58	2.87	45.94	
4:0	g	0.01		0.01	0.00	0.04	
6:0	g	0.01		0.00	0.00	0.03	
8:0	g	0.00		0.00	0.00	0.01	
10:0	g	0.01		0.00	0.00	0.03	
12:0	g	0.01		0.00	0.00	0.03	
14:0	g	0.53		0.34	0.15	2.39	
16:0	g	6.28		4.08	1.78	28.48	
18:0	g	3.07		1.99	0.87	13.91	
Monounsaturated, total	g	13.00		8.45	3.68	58.96	
16:1	g	1.01		0.65	0.29	4.56	
18:1	g	11.80		7.67	3.35	53.53	
Polyunsaturated, total	g	2.98		1.94	0.84	13.51	
18:2	g	2.56		1.66	0.72	11.59	
18:3	g	0.25		0.16	0.07	1.14	
18:4	g						
20:4	g	0.09		0.06	0.03	0.41	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	---		---	---	---	
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g	0.136		0.088	0.039	0.617	
Threonine	g	0.550		0.358	0.156	2.495	
Isoleucine	g	0.581		0.378	0.165	2.635	
Leucine	g	0.939		0.610	0.266	4.259	
Lysine	g	1.048		0.681	0.297	4.754	
Methionine	g	0.320		0.208	0.091	1.452	
Cystine	g	0.147		0.096	0.042	0.667	
Phenylalanine	g	0.492		0.320	0.139	2.232	
Tyrosine	g	0.428		0.278	0.121	1.941	
Valine	g	0.609		0.396	0.173	2.762	
Arginine	g	0.813		0.528	0.230	3.688	
Histidine	g	0.398		0.259	0.113	1.805	
Alanine	g	0.759		0.493	0.215	3.443	
Aspartic acid	g	1.188		0.772	0.337	5.389	
Glutamic acid	g	1.943		1.263	0.551	8.813	
Glycine	g	0.727		0.473	0.206	3.298	
Proline	g	0.600		0.390	0.170	2.722	
Serine	g	0.558		0.363	0.158	2.531	

¹ Approx. 7 links per pound.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 slice = 23 g ¹	1 slice or 1 oz = 28.35 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	54.84	0.422	10	12.61	15.55	248.75
Food energy	{ kcal	313			72	89	1,421
	kJ	1,311			301	372	5,945
Protein (N X 6.25)	g	11.69	0.273	10	2.69	3.31	53.02
Total lipid (fat)	g	28.36	0.703	10	6.52	8.04	128.64
Carbohydrate, total	g	1.95			0.45	0.55	8.85
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.16	0.054	10	0.73	0.90	14.33
MINERALS:							
Calcium	mg	12	1.682	7	3	3	54
Iron	mg	1.40	0.110	10	0.32	0.40	6.36
Magnesium	mg	10	0.378	8	2	3	45
Phosphorus	mg	82	6.320	10	19	23	370
Potassium	mg	155	9.265	10	36	44	704
Sodium	mg	1,001	48.757	10	230	284	4,540
Zinc	mg	2.00	0.135	8	0.46	0.57	9.07
Copper	mg	0.03	0.009	5	0.01	0.01	0.14
Manganese	mg	0.028	0.003	2	0.006	0.008	0.127
VITAMINS:							
Ascorbic acid ³	mg	19	1.391	10	4	5	85
Thiamin	mg	0.056	0.007	10	0.013	0.016	0.254
Riboflavin	mg	0.128	0.017	10	0.029	0.036	0.581
Niacin	mg	2.631	0.146	10	0.605	0.746	11.934
Pantothenic acid	mg	0.28		1	0.06	0.08	1.27
Vitamin B ₆	mg	0.18	0.012	8	0.04	0.05	0.80
Folacin	mcg	5			1	1	23
Vitamin B ₁₂	mcg	1.41	0.078	8	0.32	0.40	6.40
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	11.66			2.68	3.31	52.88
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07	0.030	5	0.02	0.02	0.30
12:0	g	0.04	0.017	5	0.01	0.01	0.20
14:0	g	0.82	0.052	7	0.19	0.23	3.71
16:0	g	6.55	0.161	7	1.51	1.86	29.70
18:0	g	4.19	0.108	7	0.96	1.19	18.98
Monounsaturated, total	g	13.28			3.05	3.76	60.23
16:1	g	1.56	0.093	7	0.36	0.44	7.08
18:1	g	11.72	0.454	7	2.70	3.32	53.15
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.05			0.24	0.30	4.78
18:2	g	0.81	0.147	7	0.19	0.23	3.67
18:3	g	0.24	0.036	7	0.05	0.07	1.11
18:4	g	-			-	-	-
20:4	g	-			-	-	-
20:5	g	-			-	-	-
22:5	g	-			-	-	-
22:6	g	-			-	-	-
Cholesterol	mg	56	3.513	5	13	16	253
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.107			0.025	0.030	0.485
Threonine	g	0.442			0.102	0.125	2.005
Isoleucine	g	0.505			0.116	0.143	2.291
Leucine	g	0.859			0.198	0.244	3.896
Lysine	g	0.896			0.206	0.254	4.064
Methionine	g	0.271			0.062	0.077	1.229
Cystine	g	0.149			0.034	0.042	0.676
Phenylalanine	g	0.421			0.097	0.119	1.910
Tyrosine	g	0.381			0.088	0.108	1.728
Valine	g	0.514			0.118	0.146	2.332
Arginine	g	0.722			0.166	0.205	3.275
Histidine	g	0.372			0.086	0.105	1.687
Alanine	g	0.841			0.193	0.238	3.815
Aspartic acid	g	1.144			0.263	0.324	5.189
Glutamic acid	g	1.904			0.438	0.540	8.637
Glycine	g	0.976			0.224	0.277	4.427
Proline	g	0.841			0.193	0.238	3.815
Serine	g	0.472			0.109	0.134	2.141

¹ Weight applies to slice, which is 4 in diam., 1/8 in thick; 8 per 6 oz or 10 per 8 oz pkg.² Weight applies to slice, which is 4-1/2 in diam., 1/8 in thick; 6 per 6 oz or 8 per 8 oz pkg.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 slice = 23 g ¹	1 slice or 1 oz = 28.35 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	54.30	0.187	100	12.49	15.39	246.30
Food energy	{ kcal	316		73	89	1,431	
	{ kJ	1,320		304	374	5,989	
Protein (N X 6.25)	g	11.69	0.060	96	2.69	3.31	53.00
Total lipid (fat)	g	28.26	0.171	96	6.50	8.01	128.16
Carbohydrate, total	g	2.79			0.64	0.79	12.65
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.97	0.065	22	0.68	0.84	13.49
MINERALS:							
Calcium	mg	12	0.479	28	3	3	53
Iron	mg	1.51	0.037	95	0.35	0.43	6.84
Magnesium	mg	11	0.254	22	3	3	50
Phosphorus	mg	91	3.054	22	21	26	414
Potassium	mg	180	5.841	21	41	51	818
Sodium	mg	1,019	27.445	22	234	289	4,622
Zinc	mg	1.94	0.080	22	0.45	0.55	8.78
Copper	mg	0.08	0.027	21	0.02	0.02	0.37
Manganese	mg	0.039	0.004	13	0.009	0.011	0.177
VITAMINS:							
Ascorbic acid ³	mg	21	0.722	95	5	6	96
Thiamin	mg	0.172	0.005	95	0.040	0.049	0.780
Riboflavin	mg	0.137	0.002	95	0.032	0.039	0.621
Niacin	mg	2.580	0.038	95	0.593	0.731	11.703
Pantothenic acid	mg	0.28	0.029	4	0.06	0.08	1.27
Vitamin B ₆	mg	0.18	0.003	95	0.04	0.05	0.80
Folacin	mcg	5	0.900	4	1	1	23
Vitamin B ₁₂	mcg	1.33	0.028	95	0.31	0.38	6.02
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	10.70			2.46	3.03	48.52
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06	0.012	20	0.01	0.02	0.28
12:0	g	0.04	0.010	23	0.01	0.01	0.20
14:0	g	0.62	0.025	23	0.14	0.17	2.80
16:0	g	6.27	0.067	23	1.44	1.78	28.46
18:0	g	3.70	0.059	23	0.85	1.05	16.79
Monounsaturated, total	g	13.39			3.08	3.80	60.73
16:1	g	1.38	0.053	23	0.32	0.39	6.24
18:1	g	12.01	0.141	23	2.76	3.41	54.49
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.40			0.55	0.68	10.88
18:2	g	1.99	0.104	23	0.46	0.56	9.00
18:3	g	0.41	0.046	23	0.10	0.12	1.88
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	55	2.076	19	13	16	250
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.105		6	0.024	0.030	0.476
Threonine	g	0.511		16	0.118	0.145	2.318
Isoleucine	g	0.507		14	0.117	0.144	2.300
Leucine	g	0.898		16	0.207	0.255	4.073
Lysine	g	0.883		16	0.203	0.250	4.005
Methionine	g	0.277		14	0.064	0.079	1.256
Cystine	g	0.136		7	0.031	0.039	0.617
Phenylalanine	g	0.462		16	0.106	0.131	2.096
Tyrosine	g	0.359		16	0.083	0.102	1.628
Valine	g	0.621		14	0.143	0.176	2.817
Arginine	g	0.699		14	0.161	0.198	3.171
Histidine	g	0.318		14	0.073	0.090	1.442
Alanine	g	0.729		12	0.168	0.207	3.307
Aspartic acid	g	1.028		12	0.236	0.291	4.663
Glutamic acid	g	1.874		12	0.431	0.531	8.500
Glycine	g	0.864		12	0.199	0.245	3.919
Proline	g	0.748		12	0.172	0.212	3.393
Serine	g	0.509		12	0.117	0.144	2.309

¹ Weight applies to slice, which is 4 in diam., 1/8 in thick; 8 per 6 oz or 10 per 8 oz pkg.² Weight applies to slice, which is 4-1/2 in diam., 1/8 in thick; 6 per 6 oz or 8 per 8 oz pkg.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 slice = 23 g ¹	1 slice or 1 oz = 28.35 g ²		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	60.60	0.839	3	13.94	17.18	274.88
Food energy	{ kcal	247			57	70	1,122
	{ kJ	1,035			238	293	4,695
Protein (N X 6.25)	g	15.30	0.153	3	3.52	4.34	69.40
Total lipid (fat)	g	19.87	1.267	3	4.57	5.63	90.12
Carbohydrate, total	g	0.73			0.17	0.21	3.32
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.50	0.058	3	0.81	0.99	15.88
MINERALS:							
Calcium	mg	11	1.000	3	3	3	50
Iron	mg	0.77	0.097	3	0.18	0.22	3.48
Magnesium	mg	14	0.577	3	3	4	64
Phosphorus	mg	139	3.712	3	32	39	629
Potassium	mg	281	18.475	3	65	80	1,275
Sodium	mg	1,184	20.177	3	272	336	5,372
Zinc	mg	2.03	0.111	4	0.47	0.57	9.19
Copper	mg	0.08	0.013	4	0.02	0.02	0.34
Manganese	mg	0.036	0.010	2	0.008	0.010	0.163
VITAMINS:							
Ascorbic acid ³	mg	35	1.856	3	8	10	160
Thiamin	mg	0.523	0.009	3	0.120	0.148	2.372
Riboflavin	mg	0.157	0.020	3	0.036	0.045	0.712
Niacin	mg	3.900	0.156	3	0.897	1.106	17.690
Pantothenic acid	mg	0.72		1	0.17	0.20	3.27
Vitamin B ₆	mg	0.27	0.014	3	0.06	0.08	1.21
Folacin	mcg	5			1	1	23
Vitamin B ₁₂	mcg	0.93	0.041	3	0.21	0.26	4.23
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.88			1.58	1.95	31.19
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02	0.003	3	0.00	0.01	0.10
12:0	g	0.02	0.003	3	0.00	0.00	0.07
14:0	g	0.24	0.021	3	0.06	0.07	1.10
16:0	g	4.33	0.289	3	1.00	1.23	19.65
18:0	g	2.27	0.158	3	0.52	0.64	10.28
Monounsaturated, total	g	9.78			2.25	2.77	44.38
16:1	g	0.72	0.050	3	0.16	0.20	3.24
18:1	g	9.07	0.522	3	2.09	2.57	41.13
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.12			0.49	0.60	9.63
18:2	g	1.84	0.124	3	0.42	0.52	8.36
18:3	g	0.28	0.031	3	0.06	0.08	1.27
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59	3.528	3	14	17	269
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.149			0.034	0.042	0.676
Threonine	g	0.641			0.147	0.182	2.908
Isoleucine	g	0.663			0.152	0.188	3.007
Leucine	g	1.168			0.269	0.331	5.298
Lysine	g	1.204			0.277	0.341	5.461
Methionine	g	0.412			0.095	0.117	1.869
Cystine	g	0.171			0.039	0.048	0.776
Phenylalanine	g	0.585			0.135	0.166	2.654
Tyrosine	g	0.482			0.111	0.137	2.186
Valine	g	0.737			0.170	0.209	3.343
Arginine	g	1.004			0.231	0.285	4.554
Histidine	g	0.482			0.111	0.137	2.186
Alanine	g	0.979			0.225	0.278	4.441
Aspartic acid	g	1.403			0.323	0.398	6.364
Glutamic acid	g	2.296			0.528	0.651	10.415
Glycine	g	1.077			0.248	0.305	4.885
Proline	g	0.773			0.178	0.219	3.506
Serine	g	0.634			0.146	0.180	2.876

¹ Weight applies to slice, which is 4 in diam., 1/8 in thick; 8 per 6 oz or 10 per 8 oz pkg.² Weight applies to slice, which is 4-1/2 in diam., 1/8 in thick; 6 per 6 oz or 8 per 8 oz pkg.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BOLOGNA, Turkey

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 oz = 28.35 g	2 slices = 56.7 g		
PROXIMATE:							
Water	g	65.08	1.091	4	18.45 57	36.90 113	
Food energy	kcal	199			237	905 473	
Protein (N X 6.25)	g	13.73	0.383	6	3.89	7.78 62.26	
Total lipid (fat)	g	15.21	1.631	6	4.31	8.62 68.97	
Carbohydrate, total	g	0.97	0.552	6	0.27	0.55 4.39	
Fiber	g						
Ash	g	3.30	0.211	4	0.94	1.87 14.98	
MINERALS:							
Calcium	mg	84	5.667	4	24	47 379	
Iron	mg	1.53	0.338	4	0.43	0.87 6.96	
Magnesium	mg	14		1	4	8 64	
Phosphorus	mg	131	4.000	2	37	74 594	
Potassium	mg	199	8.452	3	56	113 901	
Sodium	mg	878	140.969	7	249	498 3,981	
Zinc	mg	1.74		1	0.49	0.99 7.89	
Copper	mg	0.03		1	0.01	0.02 0.14	
Manganese	mg	---			---	---	
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.055	0.005	2	0.016	0.031 0.249	
Riboflavin	mg	0.165	0.015	2	0.047	0.094 0.748	
Niacin	mg	3.527			1.000	2.000 15.998	
Pantothenic acid	mg	---			---	---	
Vitamin B ₆	mg	---			---	---	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	---			---	---	
Vitamin A	{RE. IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	---			---	---	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	---			---	---	
16:0	g	---			---	---	
18:0	g	---			---	---	
Monounsaturated, total	g	---			---	---	
16:1	g	---			---	---	
18:1	g	---			---	---	
20:1	g						
22:1	g						
Polyunsaturated, total	g	---			---	---	
18:2	g	---			---	---	
18:3	g	---			---	---	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	99	31.000	2	28	56	
Phytosterols	mg					449	
AMINO ACIDS:							
Tryptophan	g	---			---	---	
Threonine	g	---			---	---	
Isoleucine	g	---			---	---	
Leucine	g	---			---	---	
Lysine	g	---			---	---	
Methionine	g	---			---	---	
Cystine	g	---			---	---	
Phenylalanine	g	---			---	---	
Tyrosine	g	---			---	---	
Valine	g	---			---	---	
Arginine	g	---			---	---	
Histidine	g	---			---	---	
Alanine	g	---			---	---	
Aspartic acid	g	---			---	---	
Glutamic acid	g	---			---	---	
Glycine	g	---			---	---	
Proline	g	---			---	---	
Serine	g	---			---	---	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 link = 85 g ¹	1 oz = 28.35 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g	56.13	0.268	6	47.71	15.91	254.62
Food energy	{ kcal	301			256	85	1,367
	{ kJ	1,261			1,072	358	5,721
Protein (N X 6.25)	g	14.08	0.111	6	11.97	3.99	63.88
Total lipid (fat)	g	25.87	0.150	6	21.99	7.33	117.33
Carbohydrate, total	g	2.07			1.76	0.59	9.38
Fiber	g						
Ash	g	1.85	0.085	6	1.57	0.52	8.39
MINERALS:							
Calcium	mg	44	1.820	6	38	13	201
Iron	mg	1.29	0.054	6	1.09	0.36	5.83
Magnesium	mg	15	0.428	6	12	4	66
Phosphorus	mg	149	2.109	6	126	42	674
Potassium	mg	212	10.009	6	180	60	959
Sodium	mg	557	35.714	6	473	158	2,525
Zinc	mg	2.30	0.097	6	1.96	0.65	10.43
Copper	mg	0.09	0.011	6	0.08	0.03	0.42
Manganese	mg	0.046	0.006	6	0.039	0.013	0.209
VITAMINS:							
Ascorbic acid	mg	1	0.000	6	1	0	5
Thiamin	mg	0.505	0.052	6	0.429	0.143	2.291
Riboflavin	mg	0.183	0.011	6	0.156	0.052	0.830
Niacin	mg	3.200	0.158	6	2.720	0.907	14.515
Pantothenic acid	mg	0.32	0.030	5	0.27	0.09	1.43
Vitamin B ₆	mg	0.21	0.008	6	0.18	0.06	0.96
Folacin	mcg	--			--	--	--
Vitamin B ₁₂	mcg	0.95	0.091	6	0.81	0.27	4.32
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	9.32			7.93	2.64	42.29
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03	0.007	6	0.02	0.01	0.11
12:0	g	0.01	0.003	6	0.01	0.00	0.06
14:0	g	0.30	0.005	6	0.26	0.09	1.36
16:0	g	5.85	0.051	6	4.98	1.66	26.55
18:0	g	3.13	0.080	6	2.66	0.89	14.20
Monounsaturated, total	g	12.19			10.36	3.46	55.30
16:1	g	0.82	0.027	6	0.70	0.23	3.73
18:1	g	11.37	0.066	6	9.66	3.22	51.57
Polyunsaturated, total	g	2.74			2.33	0.78	12.42
18:2	g	2.48	0.038	6	2.11	0.70	11.26
18:3	g	0.26	0.023	6	0.22	0.07	1.16
18:4	g						
20:4	g	--			--	--	--
20:5	g	--			--	--	--
22:5	g						
22:6	g						
Cholesterol	mg	60	0.730	6	51	17	272
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.113			0.096	0.032	0.513
Threonine	g	0.556			0.473	0.158	2.522
Isoleucine	g	0.514			0.437	0.146	2.332
Leucine	g	0.944			0.802	0.268	4.282
Lysine	g	1.070			0.910	0.303	4.854
Methionine	g	0.342			0.291	0.097	1.551
Cystine	g	0.142			0.121	0.040	0.644
Phenylalanine	g	0.471			0.400	0.134	2.136
Tyrosine	g	0.406			0.345	0.115	1.842
Valine	g	0.566			0.481	0.160	2.567
Arginine	g	0.831			0.706	0.236	3.769
Histidine	g	0.406			0.345	0.115	1.842
Alanine	g	0.789			0.671	0.224	3.579
Aspartic acid	g	1.172			0.996	0.332	5.316
Glutamic acid	g	1.947			1.655	0.552	8.832
Glycine	g	0.854			0.726	0.242	3.874
Proline	g	0.656			0.558	0.186	2.976
Serine	g	0.545			0.463	0.155	2.472

¹ Weight applies to link packaged 4 per 12 oz pkg.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 slice = 18 g ¹	1 oz = 28.35 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	48.01	0.512	27	8.64	13.61
Food energy	{ kcal kJ	359 1,503		65 271	102 426	217.78 1,629 6,817
Protein (N X 6.25)	g	13.50	0.145	26	2.43	3.83
Total lipid (fat)	g	32.09	0.480	26	5.78	9.10
Carbohydrate, total	g	3.13			0.56	0.89
Fiber	g	0.00			0.00	0.00
Ash	g	3.27	0.072	25	0.59	0.93
MINERALS:						
Calcium	mg	9	0.831	23	2	2
Iron	mg	9.36	0.375	26	1.68	2.65
Magnesium	mg	11	0.237	25	2	48
Phosphorus	mg	168	5.127	26	30	48
Potassium	mg	199	6.325	18	36	763
Sodium	mg	1,143	25.057	26	206	324
Zinc	mg	2.81	0.061	25	0.51	0.80
Copper	mg	0.24	0.015	25	0.04	0.07
Manganese	mg	0.155	0.004	23	0.028	0.044
VITAMINS:						
Ascorbic acid ²	mg	10	2.523	18	2	3
Thiamin	mg	0.249	0.009	25	0.045	0.071
Riboflavin	mg	1.525	0.039	26	0.275	0.432
Niacin	mg	8.368	0.306	26	1.506	2.372
Pantothenic acid	mg	3.38	0.274	14	0.61	0.96
Vitamin B ₆	mg	0.33	0.019	20	0.06	0.09
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	20.09	0.754	20	3.62	5.69
Vitamin A	{ RE	4,220			760	1,196
	{ IU	14,051	1,027.156	21	2,529	3,984
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.90			1.96	3.09
4:0	g					49.42
6:0	g					
8:0	g					
10:0	g	0.06	0.011	9	0.01	0.02
12:0	g	0.13	0.046	12	0.02	0.04
14:0	g	0.39	0.017	15	0.07	0.11
16:0	g	6.75	0.085	15	1.22	1.91
18:0	g	3.57	0.043	15	0.64	1.01
Monounsaturated, total	g	14.91			2.68	4.23
16:1	g	1.20	0.039	15	0.22	0.34
18:1	g	13.71	0.200	15	2.47	3.89
20:1	g					62.19
22:1	g					
Polyunsaturated, total	g	3.74			0.67	1.06
18:2	g	3.34	0.055	15	0.60	0.95
18:3	g	0.40	0.031	15	0.07	0.11
18:4	g					1.81
20:4	g		---		---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	156	14.020	11	28	44
Phytosterols	mg					709
AMINO ACIDS:						
Tryptophan	g	0.145		2	0.026	0.041
Threonine	g	0.534		2	0.096	0.151
Isoleucine	g	0.484		2	0.087	0.137
Leucine	g	1.032		2	0.186	0.293
Lysine	g	0.909		2	0.164	0.258
Methionine	g	0.311		2	0.056	0.088
Cystine	g	0.248		2	0.045	0.070
Phenylalanine	g	0.553		2	0.100	0.157
Tyrosine	g	0.430		2	0.077	0.122
Valine	g	0.616		2	0.111	0.175
Arginine	g	0.767		2	0.138	0.217
Histidine	g	0.320		2	0.058	0.091
Alanine	g	0.762		2	0.137	0.216
Aspartic acid	g	1.125		2	0.203	0.319
Glutamic acid	g	1.631		2	0.294	0.462
Glycine	g	0.886		2	0.159	0.251
Proline	g	0.767		2	0.138	0.217
Serine	g	0.588		2	0.106	0.167

¹ Weight applies to slice, which is 2-1/2 in diam., 1/4 in thick.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 link = 70 g ¹	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	51.30	0.751	3	35.91	14.54
Food energy	{ kcal	323		226	92	232.70
	{ kJ	1,352		946	383	1,466
Protein (N X 6.25)	g	14.27	0.290	3	9.99	6,133
Total lipid (fat)	g	27.80	1.041	3	19.46	64.72
Carbohydrate, total	g	2.97			2.08	126.10
Fiber	g					13.45
Ash	g	3.67	0.167	3	2.57	1.04
MINERALS:						
Calcium	mg	48	5.507	3	34	14
Iron	mg	1.03	0.000	3	0.72	0.29
Magnesium	mg	16	0.333	3	11	71
Phosphorus	mg	134	9.939	3	94	606
Potassium	mg	281	21.789	3	197	80
Sodium	mg	1,112	58.618	3	778	315
Zinc	mg	2.10	0.058	3	1.47	0.60
Copper	mg	0.08	0.017	3	0.05	0.02
Manganese	mg	0.038	0.009	2	0.027	0.011
VITAMINS:						
Ascorbic acid ²	mg	28	0.000	3	20	8
Thiamin	mg	0.250	0.060	3	0.175	0.071
Riboflavin	mg	0.227	0.007	3	0.159	0.064
Niacin	mg	3.300	0.196	3	2.310	0.936
Pantothenic acid	mg	0.06		1	0.04	0.02
Vitamin B ₆	mg	0.13	0.018	3	0.09	0.04
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	2.05	0.248	3	1.44	0.58
Vitamin A	{ RE					9.31
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	9.93			6.95	2.81
4:0	g					45.02
6:0	g					
8:0	g					
10:0	g	0.04	0.011	3	0.03	0.01
12:0	g	0.02	0.006	3	0.02	0.01
14:0	g	0.35	0.012	3	0.25	0.10
16:0	g	6.11	0.274	3	4.28	1.73
18:0	g	3.40	0.070	3	2.38	0.96
Monounsaturated, total	g	13.29			9.30	3.77
16:1	g	1.04	0.061	3	0.73	0.29
18:1	g	12.26	0.547	3	8.58	3.47
20:1	g					55.59
22:1	g					
Polyunsaturated, total	g	2.83			1.98	0.80
18:2	g	2.54	0.104	3	1.78	0.72
18:3	g	0.29	0.073	3	0.20	0.08
18:4	g					1.31
20:4	g		---		---	---
20:5	g				---	---
22:5	g				---	
22:6	g				---	
Cholesterol	mg	63	5.608	3	44	18
Phytosterols	mg					284
AMINO ACIDS:						
Tryptophan	g	0.131			0.092	0.037
Threonine	g	0.598			0.419	0.170
Isoleucine	g	0.606			0.424	0.172
Leucine	g	1.080			0.756	0.306
Lysine	g	1.139			0.797	0.323
Methionine	g	0.369			0.258	0.105
Cystine	g	0.163			0.114	0.046
Phenylalanine	g	0.541			0.379	0.153
Tyrosine	g	0.443			0.310	0.126
Valine	g	0.675			0.473	0.191
Arginine	g	0.946			0.662	0.268
Histidine	g	0.436			0.305	0.124
Alanine	g	0.925			0.648	0.262
Aspartic acid	g	1.292			0.904	0.366
Glutamic acid	g	2.109			1.476	0.598
Glycine	g	1.025			0.718	0.291
Proline	g	0.742			0.519	0.210
Serine	g	0.588			0.412	0.167

¹ Approx. 7 links per pound.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 cheesefurter = 43 g ¹	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	52.48	0.292	4	22.56 141 588	14.88 93 388
Food energy	{ kcal	327				238.03 1,483
	kJ	1,368				6,205
Protein (N X 6.25)	g	14.05	0.155	4	6.04	3.98
Total lipid (fat)	g	28.95	0.278	4	12.45	8.21
Carbohydrate, total	g	1.50			0.64	0.43
Fiber	g					6.80
Ash	g	3.03	0.075	4	1.30	0.86
MINERALS:						
Calcium	mg	58	6.892	4	25	16
Iron	mg	1.08	0.209	4	0.46	0.30
Magnesium	mg	13	0.750	4	5	4
Phosphorus	mg	178	19.550	4	76	50
Potassium	mg	206	7.035	4	89	58
Sodium	mg	1,082	34.913	4	465	307
Zinc	mg	2.25	0.177	4	0.97	0.64
Copper	mg	0.07	0.012	4	0.03	0.02
Manganese	mg	0.033	0.006	3	0.014	0.009
VITAMINS:						
Ascorbic acid ²	mg	20	0.645	4	8	6
Thiamin	mg	0.247	0.011	4	0.106	0.070
Riboflavin	mg	0.160	0.004	4	0.069	0.045
Niacin	mg	2.900	0.174	4	1.247	0.822
Pantothenic acid	mg	0.76		1	0.33	0.22
Vitamin B ₆	mg	0.13	0.012	4	0.05	0.04
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	1.73	0.180	4	0.74	0.49
Vitamin A	{ RE	---			---	---
	IU	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.47			4.50	2.97
4:0	g					47.50
6:0	g					
8:0	g					
10:0	g	0.09	0.009	4	0.04	0.03
12:0	g	0.10	0.015	4	0.04	0.03
14:0	g	0.56	0.022	4	0.24	0.16
16:0	g	6.39	0.073	4	2.75	1.81
18:0	g	3.33	0.113	4	1.43	0.94
Monounsaturated, total	g	13.66			5.87	3.87
16:1	g	1.14	0.064	4	0.49	0.32
18:1	g	12.51	0.314	4	5.38	3.55
20:1	g					56.76
22:1	g					
Polyunsaturated, total	g	3.02			1.30	0.86
18:2	g	2.62	0.118	4	1.12	0.74
18:3	g	0.40	0.061	4	0.17	0.11
18:4	g					
20:4	g		---		---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	68	1.472	4	29	19
Phytosterols	mg					308
AMINO ACIDS:						
Tryptophan	g	0.148			0.064	0.042
Threonine	g	0.543			0.233	0.154
Isoleucine	g	0.619			0.266	0.175
Leucine	g	1.097			0.472	0.311
Lysine	g	1.159			0.498	0.329
Methionine	g	0.357			0.154	0.101
Cystine	g	0.152			0.065	0.043
Phenylalanine	g	0.564			0.243	0.160
Tyrosine	g	0.517			0.222	0.147
Valine	g	0.692			0.298	0.196
Arginine	g	0.837			0.360	0.237
Histidine	g	0.473			0.203	0.134
Alanine	g	0.832			0.358	0.236
Aspartic acid	g	1.238			0.532	0.351
Glutamic acid	g	2.349			1.010	0.666
Glycine	g	0.905			0.389	0.257
Proline	g	0.971			0.418	0.275
Serine	g	0.599			0.258	0.170

¹ Weight applies to cheesefurter packaged 8 per 12 oz pkg.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean A	Standard error B	Number of samples C	Approximate measure and weight 2 slices = 56.7 g E	1 pkg, net wt, 6 oz = 170 g F	Refuse: 0 G
PROXIMATE:						
Water	g	68.60	3.400	2	38.90	116.62
Food energy	{ kcal	159		90	271	723
	kJ	667		378	1,134	3,025
Protein (N X 6.25)	g	19.53	0.880	4	11.07	33.19
Total lipid (fat)	g	7.38	1.740	4	4.18	12.54
Carbohydrate, total	g	2.45			1.39	33.45
Fiber	g				4.17	11.11
Ash	g	2.05	0.050	2	1.16	3.49
MINERALS:						
Calcium	mg	43	7.310	3	24	73
Iron	mg	0.97	0.336	3	0.55	1.65
Magnesium	mg	19		1	10	31
Phosphorus	mg	157		1	89	267
Potassium	mg	228		1	129	388
Sodium	mg	584	37.586	4	331	992
Zinc	mg	0.72		1	0.41	1.22
Copper	mg	0.04		1	0.02	0.07
Manganese	mg	---			---	0.19
VITAMINS:						
Ascorbic acid	mg				---	---
Thiamin	mg	0.065	0.005	2	0.037	0.111
Riboflavin	mg	0.130	0.010	2	0.074	0.221
Niacin	mg	5.291			3.000	8.995
Pantothenic acid	mg	---				24.000
Vitamin B ₆	mg	---			---	---
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	---			---	---
Vitamin A	{ RE	---			---	---
	{ IU	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.02			1.15	3.44
4:0	g					9.18
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.01			0.00	0.01
16:0	g	0.06			0.03	0.10
18:0	g	1.51			0.86	2.57
Monounsaturated, total	g	0.39			0.22	0.67
16:1	g	2.96			1.68	5.03
18:1	g	0.41			0.23	0.69
20:1	g	2.43			1.38	4.13
22:1	g	0.08			0.05	0.14
Polyunsaturated, total	g	1.60			0.91	2.72
18:2	g	1.36			0.77	2.31
18:3	g	0.06			0.03	0.10
18:4	g					
20:4	g	0.08			0.05	0.14
20:5	g	0.00			0.00	0.00
22:5	g	0.01			0.01	0.02
22:6	g	0.02			0.01	0.04
Cholesterol	mg	50		1	28	85
Phytosterols	mg					227
AMINO ACIDS:						
Tryptophan	g	---			---	---
Threonine	g	---			---	---
Isoleucine	g	---			---	---
Leucine	g	---			---	---
Lysine	g	---			---	---
Methionine	g	---			---	---
Cystine	g	---			---	---
Phenylalanine	g	---			---	---
Tyrosine	g	---			---	---
Valine	g	---			---	---
Arginine	g	---			---	---
Histidine	g	---			---	---
Alanine	g	---			---	---
Aspartic acid	g	---			---	---
Glutamic acid	g	---			---	---
Glycine	g	---			---	---
Proline	g	---			---	---
Serine	g	---			---	---

CHICKEN SPREAD, Canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 oz	
	A	B	C	E 1 tbsp = 13 g	F = 28.35 g	
PROXIMATE:						
Water	g	---			---	---
Food energy	{ kcal	192		25	55	873
	kJ	805		105	228	3,651
Protein (N X 6.25)	g	15.41	0.507	13	2.00	4.37
Total lipid (fat)	g	11.72	0.829	13	1.52	3.32
Carbohydrate, total	g	5.39	0.386	13	0.70	1.53
Fiber	g					24.43
Ash	g	---		---	---	---
MINERALS:						
Calcium	mg	125	10.124	13	16	35
Iron	mg	2.33	0.110	13	0.30	0.66
Magnesium	mg	---			---	---
Phosphorus	mg	---			---	---
Potassium	mg	---			---	---
Sodium	mg	---			---	---
Zinc	mg	---			---	---
Copper	mg	---			---	---
Manganese	mg	---		---	---	---
VITAMINS:						
Ascorbic acid ¹	mg	---				---
Thiamin	mg	0.009	0.003	13	0.001	0.003
Riboflavin	mg	0.114	0.007	13	0.015	0.032
Niacin	mg	2.748	0.133	13	0.357	0.779
Pantothenic acid	mg	---			---	---
Vitamin B ₆	mg	---			---	---
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	---			---	---
Vitamin A ²	{ RE	---		---	---	---
	IU	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	---		---	---	---
4:0	g	---				---
6:0	g	---				---
8:0	g	---				---
10:0	g	---				---
12:0	g	---				---
14:0	g	---				---
16:0	g	---				---
18:0	g	---				---
Monounsaturated, total	g	---		---	---	---
16:1	g	---				---
18:1	g	---				---
20:1	g	---				---
22:1	g	---				---
Polyunsaturated, total	g	---		---	---	---
18:2	g	---				---
18:3	g	---				---
18:4	g	---				---
20:4	g	---				---
20:5	g	---				---
22:5	g	---				---
22:6	g	---				---
Cholesterol	mg	---		---	---	---
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g	---		---	---	---
Threonine	g	---		---	---	---
Isoleucine	g	---		---	---	---
Leucine	g	---		---	---	---
Lysine	g	---		---	---	---
Methionine	g	---		---	---	---
Cystine	g	---		---	---	---
Phenylalanine	g	---		---	---	---
Tyrosine	g	---		---	---	---
Valine	g	---		---	---	---
Arginine	g	---		---	---	---
Histidine	g	---		---	---	---
Alanine	g	---		---	---	---
Aspartic acid	g	---		---	---	---
Glutamic acid	g	---		---	---	---
Glycine	g	---		---	---	---
Proline	g	---		---	---	---
Serine	g	---		---	---	---

¹ Barbeque-flavored spread contains 4.0 mg of ascorbic acid per 100 g.² Barbeque-flavored spread contains 1,310 IU of vitamin A per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 link = 60 g ¹	1 oz = 28.35 g	Refuse: 0	
A	B	C	D	E	F		G
PROXIMATE:							
Water	g	31.85	2.427	6	19.11	9.03	144.47
Food energy	{ kcal kJ	---	---	---	---	---	---
Protein (N X 6.25)	g	24.10	0.808	6	14.46	6.83	109.32
Total lipid (fat)	g	38.27	1.561	6	22.96	10.85	173.58
Carbohydrate, total	g	---	---	---	---	---	---
Fiber	g	---	---	---	---	---	---
Ash	g	---	---	---	---	---	---
MINERALS:							
Calcium	mg	---	---	---	---	---	---
Iron	mg	---	---	---	---	---	---
Magnesium	mg	---	---	---	---	---	---
Phosphorus	mg	---	---	---	---	---	---
Potassium	mg	---	---	---	---	---	---
Sodium	mg	---	---	---	---	---	---
Zinc	mg	---	---	---	---	---	---
Copper	mg	---	---	---	---	---	---
Manganese	mg	---	---	---	---	---	---
VITAMINS:							
Ascorbic acid	mg	---	---	---	---	---	---
Thiamin	mg	---	---	---	---	---	---
Riboflavin	mg	---	---	---	---	---	---
Niacin	mg	---	---	---	---	---	---
Pantothenic acid	mg	---	---	---	---	---	---
Vitamin B ₆	mg	---	---	---	---	---	---
Folacin	mcg	---	---	---	---	---	---
Vitamin B ₁₂	mcg	---	---	---	---	---	---
Vitamin A	{ RE IU	---	---	---	---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.38			8.63	4.08	65.21
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.87			0.52	0.25	3.94
18:0	g	9.15			5.49	2.59	41.49
Monounsaturated, total	g	4.12			2.47	1.17	18.68
16:1	g	18.40			11.04	5.22	83.46
18:1	g	1.65			0.99	0.47	7.50
20:1	g	16.31			9.78	4.62	73.96
22:1	g						
Polyunsaturated, total	g	3.46			2.08	0.98	15.69
18:2	g	2.93			1.76	0.83	13.28
18:3	g	0.38			0.23	0.11	1.70
18:4	g						
20:4	g	0.09			0.05	0.02	0.40
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	---			---	---	---
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g	0.278			0.167	0.079	1.261
Threonine	g	1.473		1	0.884	0.418	6.682
Isoleucine	g	2.206		1	1.324	0.625	10.006
Leucine	g	1.708		1	1.025	0.484	7.747
Lysine	g	2.414		1	1.448	0.684	10.950
Methionine	g	0.470		1	0.282	0.133	2.132
Cystine	g						
Phenylalanine	g	1.149		1	0.689	0.326	5.212
Tyrosine	g						
Valine	g						
Arginine	g	0.914		1	0.548	0.259	4.146
Histidine	g	1.693		1	1.016	0.480	7.679
Alanine	g	0.721		1	0.433	0.204	3.270
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Weight applies to link, which is 4 in long.

CORNED BEEF LOAF, Jellied

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				2 slices = 56.7 g E	1 slice or 1 oz = 28.35 g ¹ F		
PROXIMATE:							
Water	g	67.32	0.613	4	38.17 92	19.09 46	
Food energy	{ kcal	163			386	3,084 737	
	kj	680			193		
Protein (N X 6.25)	g	23.70	0.592	4	13.44	6.72 107.49	
Total lipid (fat)	g	6.80	0.775	4	3.86	1.93 30.84	
Carbohydrate, total	g	0.00			0.00	0.00	
Fiber	g						
Ash	g	2.80	0.122	4	1.59	0.79	
MINERALS:							
Calcium	mg	11	1.108	4	6	3 49	
Iron	mg	2.03	0.366	4	1.15	0.58 9.21	
Magnesium	mg	10	0.250	4	6	3 46	
Phosphorus	mg	64	7.204	4	36	18 291	
Potassium	mg	89	7.465	4	51	25 405	
Sodium	mg	1,037	30.661	4	588	294 4,702	
Zinc	mg	3.83	0.239	4	2.17	1.08 17.35	
Copper	mg	0.06	0.013	4	0.03	0.02 0.25	
Manganese	mg	0.031	0.004	4	0.017	0.009 0.141	
VITAMINS:							
Ascorbic acid ²	mg	8	2.661	4	4	2 34	
Thiamin	mg	0.010	0.000	2	0.006	0.003 0.045	
Riboflavin	mg	0.117	0.008	4	0.066	0.033 0.531	
Niacin	mg	1.637	0.238	4	0.928	0.464 7.425	
Pantothenic acid	mg	0.19		1	0.11	0.05 0.86	
Vitamin B ₆	mg	0.14	0.050	4	0.08	0.04 0.64	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	1.18	0.216	4	0.67	0.33 5.35	
Vitamin A	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.68			1.52	0.76	
4:0	g					12.14	
6:0	g						
8:0	g						
10:0	g	0.02	0.005	3	0.01	0.01 0.08	
12:0	g	0.02	0.003	3	0.01	0.00 0.07	
14:0	g	0.18	0.029	4	0.10	0.05 0.81	
16:0	g	1.39	0.191	4	0.79	0.39 6.29	
18:0	g	1.08	0.192	4	0.61	0.31 4.89	
Monounsaturated, total	g	3.03			1.72	0.86	
16:1	g	0.47	0.060	4	0.27	0.13 2.12	
18:1	g	2.56	0.291	4	1.45	0.73 11.63	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.38			0.21	0.11 1.71	
18:2	g	0.29	0.045	4	0.16	0.08 1.31	
18:3	g	0.09	0.010	4	0.05	0.03 0.40	
18:4	g						
20:4	g	---			---	---	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	43	6.110	3	24	12	
Phytosterols	mg					195	
AMINO ACIDS:							
Tryptophan	g	0.169			0.096	0.048 0.767	
Threonine	g	0.927			0.526	0.263 4.205	
Isoleucine	g	0.890			0.505	0.252 4.037	
Leucine	g	1.638			0.929	0.464 7.430	
Lysine	g	1.820			1.032	0.516 8.256	
Methionine	g	0.525			0.298	0.149 2.381	
Cystine	g	0.248			0.141	0.070 1.125	
Phenylalanine	g	0.838			0.475	0.238 3.801	
Tyrosine	g	0.638			0.362	0.181 2.894	
Valine	g	1.026			0.582	0.291 4.654	
Arginine	g	1.642			0.931	0.466 7.448	
Histidine	g	0.623			0.353	0.177 2.826	
Alanine	g	1.631			0.925	0.462 7.398	
Aspartic acid	g	2.016			1.143	0.572 9.145	
Glutamic acid	g	3.278			1.859	0.929 14.869	
Glycine	g	2.244			1.272	0.636 10.179	
Proline	g	1.554			0.881	0.441 7.049	
Serine	g	0.947			0.537	0.268 4.296	

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

DUTCH BRAND LOAF, Pork, beef

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	59.41	0.380	15	33.69	16.84	269.50
Food energy	{ kcal	240		136	68		1,087
	kJ	1,002		568	284		4,547
Protein (N X 6.25)	g	13.42	0.337	15	7.61	3.80	60.87
Total lipid (fat)	g	17.82	0.674	15	10.10	5.05	80.83
Carbohydrate, total	g	5.57			3.16	1.58	25.26
Fiber	g						
Ash	g	3.78	0.102	5	2.14	1.07	17.15
MINERALS:							
Calcium	mg	84	5.758	15	48	24	383
Iron	mg	1.24	0.088	15	0.70	0.35	5.60
Magnesium	mg	21	0.872	5	12	6	93
Phosphorus	mg	162	11.567	5	92	46	735
Potassium	mg	376	12.551	5	213	107	1,705
Sodium	mg	1,250	40.695	5	709	354	5,671
Zinc	mg	1.72	0.086	5	0.98	0.49	7.80
Copper	mg	0.07	0.014	5	0.04	0.02	0.33
Manganese	mg	0.032	0.003	5	0.018	0.009	0.145
VITAMINS:							
Ascorbic acid ²	mg	18	1.404	15	10	5	82
Thiamin	mg	0.303	0.021	15	0.172	0.086	1.374
Riboflavin	mg	0.269	0.015	15	0.153	0.076	1.220
Niacin	mg	2.387	0.072	15	1.353	0.677	10.827
Pantothenic acid	mg	0.60	0.140	2	0.34	0.17	2.72
Vitamin B6	mg	0.23	0.022	15	0.13	0.06	1.03
Folacin	mcg	---			---	---	---
Vitamin B12	mcg	1.32	0.089	15	0.75	0.37	5.97
Vitamin A	{ RE	---			---	---	---
	IU	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.35			3.60	1.80	28.79
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06	0.034	5	0.03	0.02	0.27
12:0	g	0.05	0.025	5	0.03	0.01	0.21
14:0	g	0.31	0.033	5	0.18	0.09	1.42
16:0	g	3.82	0.166	5	2.17	1.08	17.33
18:0	g	2.11	0.081	5	1.19	0.60	9.56
Monounsaturated, total	g	8.33			4.72	2.36	37.78
16:1	g	0.79	0.046	5	0.45	0.22	3.57
18:1	g	7.54	0.299	5	4.28	2.14	34.20
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.91			1.08	0.54	8.67
18:2	g	1.66	0.077	5	0.94	0.47	7.53
18:3	g	0.25	0.052	5	0.14	0.07	1.15
18:4	g	---			---	---	---
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	47	12.691	4	27	13	212
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.148		1	0.084	0.042	0.671
Threonine	g	0.619		1	0.351	0.175	2.808
Isoleucine	g	0.558		1	0.316	0.158	2.531
Leucine	g	1.076		1	0.610	0.305	4.881
Lysine	g	1.076		1	0.610	0.305	4.881
Methionine	g	0.322		1	0.183	0.091	1.461
Cystine	g	0.107		1	0.061	0.030	0.485
Phenylalanine	g	0.511		1	0.290	0.145	2.318
Tyrosine	g	0.446		1	0.253	0.126	2.023
Valine	g	0.619		1	0.351	0.175	2.808
Arginine	g	0.801		1	0.454	0.227	3.633
Histidine	g	0.412		1	0.234	0.117	1.869
Alanine	g	0.784		1	0.445	0.222	3.556
Aspartic acid	g	1.209		1	0.686	0.343	5.484
Glutamic acid	g	2.248		1	1.275	0.637	10.197
Glycine	g	0.841		1	0.477	0.238	3.815
Proline	g	0.888		1	0.503	0.252	4.028
Serine	g	0.635		1	0.360	0.180	2.880

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 frankfurter = 57 g ¹	1 frankfurter = 45 g ²		
	A	B	C	D	E	F	
PROXIMATE:							
Water	g	54.00	0.081	126	30.78	24.30	244.95
Food energy	kcal	322			184	145	1,462
Food energy	kJ	1,349			769	607	6,118
Protein (N X 6.25)	g	11.29	0.047	126	6.43	5.08	51.21
Total lipid (fat)	g	29.42	0.095	126	16.77	13.24	133.44
Carbohydrate, total	g	2.39			1.36	1.08	10.85
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.90	0.016	126	1.65	1.30	13.15
MINERALS:							
Calcium	mg	12	0.212	118	7	6	56
Iron	mg	1.33	0.032	122	0.76	0.60	6.03
Magnesium	mg	10	0.098	120	6	4	44
Phosphorus	mg	82	0.892	122	47	37	372
Potassium	mg	159	1.263	122	90	71	720
Sodium	mg	1,024	8.665	122	584	461	4,644
Zinc	mg	2.12	0.020	120	1.21	0.95	9.61
Copper	mg	0.06	0.005	114	0.03	0.03	0.27
Manganese	mg	0.033	0.001	59	0.019	0.015	0.150
VITAMINS:							
Ascorbic acid ³	mg	25	0.315	122	14	11	114
Thiamin	mg	0.051	0.001	79	0.029	0.023	0.231
Riboflavin	mg	0.102	0.001	122	0.058	0.046	0.463
Niacin	mg	2.527	0.031	122	1.440	1.137	11.462
Pantothenic acid	mg	0.29	0.085	4	0.17	0.13	1.32
Vitamin B ₆	mg	0.11	0.002	120	0.06	0.05	0.51
Folacin	mcg	4			2	2	18
Vitamin B ₁₂	mcg	1.64	0.035	120	0.94	0.74	7.44
Vitamin A	{RE. IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	11.96			6.82	5.38	54.26
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03	0.014	13	0.02	0.01	0.15
12:0	g	0.03	0.012	14	0.02	0.01	0.15
14:0	g	0.89	0.026	14	0.51	0.40	4.02
16:0	g	6.91	0.097	14	3.94	3.11	31.36
18:0	g	4.09	0.099	14	2.33	1.84	18.57
Monounsaturated, total	g	14.35			8.18	6.46	65.09
16:1	g	1.79	0.086	14	1.02	0.80	8.11
18:1	g	12.56	0.100	14	7.16	5.65	56.98
20:1	g						
22:1	g						
Polysaturated, total	g	1.16			0.66	0.52	5.25
18:2	g	0.86	0.063	14	0.49	0.39	3.91
18:3	g	0.30	0.023	14	0.17	0.13	1.34
18:4	g						
20:4	g		---		---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	48	2.977	9	27	22	218
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.103		2	0.059	0.046	0.467
Threonine	g	0.426		3	0.243	0.192	1.932
Isoleucine	g	0.487		3	0.278	0.219	2.209
Leucine	g	0.829		3	0.473	0.373	3.760
Lysine	g	0.865		3	0.493	0.389	3.924
Methionine	g	0.262		3	0.149	0.118	1.188
Cystine	g	0.145		2	0.083	0.065	0.658
Phenylalanine	g	0.407		3	0.232	0.183	1.846
Tyrosine	g	0.368		2	0.210	0.166	1.669
Valine	g	0.496		3	0.283	0.223	2.250
Arginine	g	0.697		3	0.397	0.314	3.162
Histidine	g	0.359		3	0.205	0.162	1.628
Alanine	g	0.812		2	0.463	0.365	3.683
Aspartic acid	g	1.105		2	0.630	0.497	5.012
Glutamic acid	g	1.838		2	1.048	0.827	8.337
Glycine	g	0.942		2	0.537	0.424	4.273
Proline	g	0.812		2	0.463	0.365	3.683
Serine	g	0.455		2	0.259	0.205	2.064

¹ Weight applies to frankfurter, which is 5 in long, 7/8 in diam.; 8 per 1 lb pkg.² Weight applies to frankfurter, which is 5 in long, 3/4 in diam.; 10 per 1 lb pkg.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

FRANKFURTER, Beef and pork

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean A	Standard error B	Number of samples C	Approximate measure and weight 1 frankfurter = 57 g ¹	1 frankfurter = 45 g ²	
				E	F	
PROXIMATE:						
Water	g	53.87	0.085	190	30.71 183	24.24 144
Food energy	kcal	320			764	1,454 6,082
Food energy	kJ	1,341				
Protein (N X 6.25)	g	11.28	0.043	185	6.43	5.08 51.17
Total lipid (fat)	g	29.15	0.107	185	16.61	13.12 132.21
Carbohydrate, total	g	2.55			1.46	1.15 11.58
Fiber	g	0.00			0.00	0.00
Ash	g	3.15	0.017	154	1.79	1.42 14.27
MINERALS:						
Calcium	mg	11	0.185	145	6	5 49
Iron	mg	1.15	0.025	181	0.66	0.52 5.23
Magnesium	mg	10	0.081	146	6	5 46
Phosphorus	mg	86	0.890	145	49	38 388
Potassium	mg	167	1.420	139	95	75 757
Sodium	mg	1,120	7.787	145	639	504 5,082
Zinc	mg	1.84	0.021	150	1.05	0.83 8.32
Copper	mg	0.08	0.008	144	0.05	0.04 0.36
Manganese	mg	0.032	0.001	65	0.018	0.014 0.145
VITAMINS:						
Ascorbic acid ³	mg	26	0.505	170	5.15	12 117
Thiamin	mg	0.199	0.005	175	0.113	0.090 0.903
Riboflavin	mg	0.120	0.002	176	0.068	0.054 0.544
Niacin	mg	2.634	0.027	176	1.501	1.185 11.948
Pantothenic acid	mg	0.35	0.060	8	0.20	0.16 1.60
Vitamin B ₆	mg	0.13	0.003	176	0.08	0.06 0.61
Folacin	mcg	4	0.650	4	2	2 18
Vitamin B ₁₂	mcg	1.30	0.021	176	0.74	0.58 5.89
Vitamin A	RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.76			6.13	4.84 48.81
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.08	0.019	21	0.04	0.03 0.34
12:0	g	0.06	0.016	21	0.04	0.03 0.28
14:0	g	0.53	0.028	32	0.30	0.24 2.38
16:0	g	6.45	0.106	32	3.67	2.90 29.24
18:0	g	3.65	0.080	32	2.08	1.64 16.57
Monounsaturated, total	g	13.67			7.79	6.15 62.00
16:1	g	1.31	0.056	32	0.74	0.59 5.92
18:1	g	12.36	0.180	32	7.05	5.56 56.08
20:1	g					
22:1	g					
Polyunsaturated, total	g	2.73			1.56	1.23 12.40
18:2	g	2.34	0.128	32	1.33	1.05 10.62
18:3	g	0.39	0.024	32	0.22	0.18 1.78
18:4	g					
20:4	g	---			---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	50	2.195	26	29	22 227
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.082		5	0.047	0.037 0.372
Threonine	g	0.406		5	0.231	0.183 1.842
Isoleucine	g	0.485		5	0.276	0.218 2.200
Leucine	g	0.819		5	0.467	0.369 3.715
Lysine	g	0.904		5	0.515	0.407 4.101
Methionine	g	0.228		5	0.130	0.103 1.034
Cystine	g	0.130		6	0.074	0.058 0.590
Phenylalanine	g	0.359		5	0.205	0.162 1.628
Tyrosine	g	0.314		5	0.179	0.141 1.424
Valine	g	0.471		5	0.268	0.212 2.136
Arginine	g	0.849		3	0.484	0.382 3.851
Histidine	g	0.350		5	0.200	0.158 1.588
Alanine	g	0.769		2	0.438	0.346 3.488
Aspartic acid	g	1.115		2	0.636	0.502 5.058
Glutamic acid	g	1.852		2	1.056	0.833 8.401
Glycine	g	0.824		2	0.470	0.371 3.738
Proline	g	0.542		2	0.309	0.244 2.459
Serine	g	0.462		2	0.263	0.208 2.096

¹ Weight applies to frankfurter, which is 5 in long, 7/8 in diam.; 8 per 1 lb pkg.² Weight applies to frankfurter, which is 5 in long, 3/4 in diam.; 10 per 1 lb pkg.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 frankfurter = 45 g	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	57.53	3.425	4	25.89	16.31	260.93
Food energy	{ kcal	257			116	73	1,167
	{ kJ	1,076			484	305	4,881
Protein (N X 6.25)	g	12.93	0.250	12	5.82	3.67	58.66
Total lipid (fat)	g	19.48	0.960	12	8.76	5.52	88.34
Carbohydrate, total	g	6.79			3.06	1.93	30.81
Fiber	g						
Ash	g	3.28	0.359	4	1.47	0.93	14.86
MINERALS:							
Calcium	mg	95	6.290	9	43	27	433
Iron	mg	2.00	0.033	9	0.90	0.57	9.06
Magnesium	mg	---			---	---	---
Phosphorus	mg	---			---	---	---
Potassium	mg	---			---	---	---
Sodium	mg	1,370		1	617	388	6,214
Zinc	mg	---			---	---	---
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.066	0.009	9	0.030	0.019	0.299
Riboflavin	mg	0.115	0.012	9	0.052	0.033	0.522
Niacin	mg	3.089	0.141	9	1.390	0.876	14.012
Pantothenic acid	mg	---			---	---	---
Vitamin B6	mg	---			---	---	---
Folacin	mcg	---			---	---	---
Vitamin B12	mcg	---			---	---	---
Vitamin A	{ RE	---			---	---	---
	{ IU	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.54			2.49	1.57	25.13
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.05	0.055	3	0.02	0.02	0.24
14:0	g	0.18	0.025	3	0.08	0.05	0.82
16:0	g	4.12	0.408	3	1.85	1.17	18.67
18:0	g	1.10	0.109	3	0.49	0.31	4.97
Monounsaturated, total	g	8.48			3.81	2.40	38.44
16:1	g	1.20	0.125	3	0.54	0.34	5.43
18:1	g	7.14	0.725	3	3.21	2.02	32.37
20:1	g						
22:1	g						
Polyunsaturated, total	g	4.04			1.82	1.15	18.34
18:2	g	3.74	0.460	3	1.68	1.06	16.95
18:3	g	0.15	0.086	3	0.07	0.04	0.68
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	101	7.135	4	45	28	456
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g				---	---	---
Threonine	g				---	---	---
Isoleucine	g				---	---	---
Leucine	g				---	---	---
Lysine	g				---	---	---
Methionine	g				---	---	---
Cystine	g				---	---	---
Phenylalanine	g				---	---	---
Tyrosine	g				---	---	---
Valine	g				---	---	---
Arginine	g				---	---	---
Histidine	g				---	---	---
Alanine	g				---	---	---
Aspartic acid	g				---	---	---
Glutamic acid	g				---	---	---
Glycine	g				---	---	---
Proline	g				---	---	---
Serine	g				---	---	---

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	1 frankfurter = 45 g	1 oz = 28.35 g	Refuse: 0	
A	B	C	D	E	F		G
PROXIMATE:							
Water	g	62.99	0.500	12	28.35	17.86	285.74
Food energy	{ kcal	226		102	64	1,027	
	kJ	947		426	269	4,297	
Protein (N X 6.25)	g	14.28	0.503	14	6.43	4.05	64.78
Total lipid (fat)	g	17.70	0.725	14	7.96	5.02	80.28
Carbohydrate, total	g	1.49			0.67	0.42	6.78
Fiber	g						
Ash	g	3.53	0.147	7	1.59	1.00	16.03
MINERALS:							
Calcium	mg	106	2.405	9	48	30	481
Iron	mg	1.84	0.102	10	0.83	0.52	8.36
Magnesium	mg	---			---	---	
Phosphorus	mg	134	6.500	2	60	38	606
Potassium	mg	179	4.500	2	80	51	810
Sodium	mg	1,426	262.577	4	642	404	6,469
Zinc	mg	---			---	---	
Copper	mg	---			---	---	
Manganese	mg	---			---	---	
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.041	0.003	4	0.018	0.012	0.186
Riboflavin	mg	0.179	0.007	9	0.081	0.051	0.812
Niacin	mg	4.132	0.319	8	1.859	1.171	18.743
Pantothenic acid	mg	---			---	---	
Vitamin B6	mg	---			---	---	
Folacin	mcg	---			---	---	
Vitamin B12	mcg	---			---	---	
Vitamin A	{ RE				---	---	
	IU				---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	---			---	---	---
4:0	g	---			---	---	---
6:0	g	---			---	---	---
8:0	g	---			---	---	---
10:0	g	---			---	---	---
12:0	g	---			---	---	---
14:0	g	---			---	---	---
16:0	g	---			---	---	---
18:0	g	---			---	---	---
Monounsaturated, total	g	---			---	---	---
16:1	g	---			---	---	---
18:1	g	---			---	---	---
20:1	g	---			---	---	---
22:1	g	---			---	---	---
Polyunsaturated, total	g	---			---	---	---
18:2	g	---			---	---	---
18:3	g	---			---	---	---
18:4	g	---			---	---	---
20:4	g	---			---	---	---
20:5	g	---			---	---	---
22:5	g	---			---	---	---
22:6	g	---			---	---	---
Cholesterol	mg	107	2.594	4	48	30	484
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	---			---	---	---
Threonine	g	---			---	---	---
Isoleucine	g	---			---	---	---
Leucine	g	---			---	---	---
Lysine	g	---			---	---	---
Methionine	g	---			---	---	---
Cystine	g	---			---	---	---
Phenylalanine	g	---			---	---	---
Tyrosine	g	---			---	---	---
Valine	g	---			---	---	---
Arginine	g	---			---	---	---
Histidine	g	---			---	---	---
Alanine	g	---			---	---	---
Aspartic acid	g	---			---	---	---
Glutamic acid	g	---			---	---	---
Glycine	g	---			---	---	---
Proline	g	---			---	---	---
Serine	g	---			---	---	---

HAM, Chopped, canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 slice = 21 g ¹	1 oz = 28.35 g		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	60.77	1.963	6	12.76	17.23	275.64
Food energy	{ kcal	239			50	68	1,086
	kj	1,002			210	284	4,544
Protein (N X 6.25)	g	16.06	0.591	6	3.37	4.55	72.84
Total lipid (fat)	g	18.83	1.013	4	3.95	5.34	85.39
Carbohydrate, total	g	0.28			0.06	0.08	1.25
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	4.08	0.085	4	0.86	1.16	18.48
MINERALS:							
Calcium	mg	7			1	2	32
Iron	mg	0.95	0.131	4	0.20	0.27	4.29
Magnesium	mg	13	0.707	4	3	4	59
Phosphorus	mg	139	17.694	4	29	39	628
Potassium	mg	284	4.210	4	60	81	1,289
Sodium	mg	1,365	35.743	4	287	387	6,193
Zinc	mg	1.83	0.125	4	0.38	0.52	8.28
Copper	mg	0.05	0.011	4	0.01	0.01	0.22
Manganese	mg	0.025	0.003	3	0.005	0.007	0.113
VITAMINS:							
Ascorbic acid	mg	2	0.250	4	0	0	8
Thiamin	mg	0.535	0.018	4	0.112	0.152	2.427
Riboflavin	mg	0.165	0.006	4	0.035	0.047	0.748
Niacin	mg	3.200	0.210	4	0.672	0.907	14.515
Pantothenic acid	mg	---			---	---	---
Vitamin B ₆	mg	0.32	0.060	4	0.07	0.09	1.46
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	0.70	0.072	10	0.15	0.20	3.19
Vitamin A	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.28			1.32	1.78	28.49
4:0	g						
6:0	g						0.06
8:0	g						
10:0	g	0.03	0.004	4	0.01	0.01	0.11
12:0	g	0.01	0.006	4	0.00	0.00	
14:0	g	0.24	0.024	4	0.05	0.07	1.08
16:0	g	4.02	0.221	4	0.84	1.14	18.23
18:0	g	1.99	0.128	4	0.42	0.56	9.00
Monounsaturated, total	g	9.17			1.93	2.60	41.58
16:1	g	0.67	0.047	4	0.14	0.19	3.06
18:1	g	8.49	0.459	4	1.78	2.41	38.52
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.05			0.43	0.58	9.32
18:2	g	1.86	0.113	4	0.39	0.53	8.41
18:3	g	0.20	0.032	4	0.04	0.06	0.90
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	49	4.767	4	10	14	221
Phytosterols	mg						
AMINO ACIDS:²							
Tryptophan	g	0.182		2	0.038	0.052	0.826
Threonine	g	0.717		2	0.151	0.203	3.252
Isoleucine	g	0.691		2	0.145	0.196	3.134
Leucine	g	1.249		2	0.262	0.354	5.665
Lysine	g	1.380		2	0.290	0.391	6.260
Methionine	g	0.419		2	0.088	0.119	1.901
Cystine	g	0.190		2	0.040	0.054	0.862
Phenylalanine	g	0.622		2	0.131	0.176	2.821
Tyrosine	g	0.527		2	0.111	0.149	2.390
Valine	g	0.719		2	0.151	0.204	3.261
Arginine	g	0.997		2	0.209	0.283	4.522
Histidine	g	0.637		2	0.134	0.181	2.889
Alanine	g	0.917		2	0.193	0.260	4.160
Aspartic acid	g	1.485		2	0.312	0.421	6.736
Glutamic acid	g	2.371		2	0.498	0.672	10.755
Glycine	g	0.786		2	0.165	0.223	3.565
Proline	g	0.683		2	0.143	0.194	3.098
Serine	g	0.627		2	0.132	0.178	2.844

¹ Weight applies to slice, which is 4-1/4 by 4-1/4 by 1/16 in.² Values based on data for fully cooked, canned ham.

HAM, Chopped, not canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 slice = 21 g ¹	1 slice or 1 oz = 28.35 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	63.64	1.494	18	13.36	18.04	288.67
Food energy	{ kcal	229		48	65	1,037	
	kj	957		201	271	4,339	
Protein (N X 6.25)	g	17.12	0.513	15	3.59	4.85	77.63
Total lipid (fat)	g	17.25	1.291	11	3.62	4.89	78.22
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	4.04	0.040	5	0.85	1.15	18.33
MINERALS:							
Calcium	mg	7	1.414	4	1	2	32
Iron	mg	0.83	0.152	5	0.17	0.24	3.77
Magnesium	mg	16	0.860	5	3	4	72
Phosphorus	mg	155	14.122	5	33	44	702
Potassium	mg	319	8.536	5	67	91	1,449
Sodium	mg	1,371	14.353	5	288	389	6,219
Zinc	mg	1.94	0.150	5	0.41	0.55	8.80
Copper	mg	0.06	0.015	5	0.01	0.02	0.27
Manganese	mg	0.041	0.011	4	0.009	0.012	0.186
VITAMINS:							
Ascorbic acid ³	mg	20	1.225	5	4	6	91
Thiamin	mg	0.632	0.111	5	0.133	0.179	2.867
Riboflavin	mg	0.204	0.009	5	0.043	0.058	0.925
Niacin	mg	3.880	0.230	5	0.815	1.100	17.600
Pantothenic acid	mg	0.28	0.078	3	0.06	0.08	1.27
Vitamin B ₆	mg	0.35	0.014	5	0.07	0.10	1.61
Folacin	mcg	1	0.139	3	0	0	2
Vitamin B ₁₂	mcg	0.92	0.084	5	0.19	0.26	4.17
Vitamin A	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.73			1.20	1.62	25.98
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03	0.028	5	0.01	0.01	0.13
12:0	g	0.02	0.018	5	0.00	0.01	0.09
14:0	g	0.23	0.024	5	0.05	0.07	1.05
16:0	g	3.64	0.099	5	0.76	1.03	16.51
18:0	g	1.81	0.068	5	0.38	0.51	8.21
Monounsaturated, total	g	8.20			1.72	2.32	37.18
16:1	g	0.67	0.053	5	0.14	0.19	3.05
18:1	g	7.53	0.315	5	1.58	2.13	34.13
20:1	g						
22:1	g						
Polysaturated, total	g	2.11			0.44	0.60	9.58
18:2	g	1.81	0.082	5	0.38	0.51	8.21
18:3	g	0.30	0.061	5	0.06	0.09	1.38
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	51	10.089	3	11	15	233
Phytosterols	mg						
AMINO ACIDS:⁴							
Tryptophan	g	0.208		2	0.044	0.059	0.943
Threonine	g	0.761		2	0.160	0.216	3.452
Isoleucine	g	0.772		2	0.162	0.219	3.502
Leucine	g	1.374		2	0.289	0.390	6.232
Lysine	g	1.531		2	0.322	0.434	6.945
Methionine	g	0.452		2	0.095	0.128	2.050
Cystine	g	0.257		2	0.054	0.073	1.166
Phenylalanine	g	0.690		2	0.145	0.196	3.130
Tyrosine	g	0.531		2	0.112	0.151	2.409
Valine	g	0.799		2	0.168	0.227	3.624
Arginine	g	1.202		2	0.252	0.341	5.452
Histidine	g	0.695		2	0.146	0.197	3.153
Alanine	g	0.997		2	0.209	0.283	4.522
Aspartic acid	g	1.659		2	0.348	0.470	7.525
Glutamic acid	g	2.593		2	0.545	0.735	11.762
Glycine	g	0.827		2	0.174	0.234	3.751
Proline	g	0.695		2	0.146	0.197	3.153
Serine	g	0.674		2	0.142	0.191	3.057

¹ Weight applies to slice, which is 4-1/4 by 4-1/4 by 1/16 in.² Weight applies to slice, which is 4 by 4 by 3/32 in.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.⁴ Values based on data for uncanned, fully cooked, boneless ham and ham steak.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 slice = 21 g ¹	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	57.35	1.007	4	12.04	16.26
Food energy	{ kcal	263			55	75
	{ kJ	1,101			231	312
Protein (N X 6.25)	g	16.28	0.507	4	3.42	4.61
Total lipid (fat)	g	20.68	1.667	4	4.34	5.86
Carbohydrate, total	g	1.85			0.39	0.52
Fiber	g	0.00			0.00	0.00
Ash	g	3.85	0.064	4	0.81	1.09
MINERALS:						
Calcium	mg	10	1.190	4	2	3
Iron	mg	0.79	0.154	4	0.16	0.22
Magnesium	mg	16	1.224	4	3	5
Phosphorus	mg	157	5.780	4	33	44
Potassium	mg	311	12.756	4	65	88
Sodium	mg	1,245	23.386	4	261	353
Zinc	mg	1.90	0.081	4	0.40	0.54
Copper	mg	0.08	0.003	4	0.02	0.02
Manganese	mg	0.031	0.004	3	0.007	0.009
VITAMINS:						
Ascorbic acid ²	mg	30	2.179	4	6	8
Thiamin	mg	0.712	0.014	4	0.150	0.202
Riboflavin	mg	0.190	0.021	4	0.040	0.054
Niacin	mg	4.162	0.216	4	0.874	1.180
Pantothenic acid.	mg	0.18		1	0.04	0.05
Vitamin B ₆	mg	0.26	0.032	4	0.06	0.07
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	0.95	0.145	4	0.20	0.27
Vitamin A	{ IU					4.29
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.18			1.51	2.03
4:0	g					32.55
6:0	g					
8:0	g					
10:0	g	0.04	0.023	4	0.01	0.01
12:0	g	0.03	0.012	4	0.01	0.01
14:0	g	0.28	0.044	4	0.06	0.08
16:0	g	4.42	0.385	4	0.93	1.25
18:0	g	2.41	0.198	4	0.51	0.68
Monounsaturated, total	g	9.57			2.01	2.71
16:1	g	0.73	0.055	4	0.15	0.21
18:1	g	8.85	0.772	4	1.86	2.51
20:1	g					40.13
22:1	g					
Polyunsaturated, total	g	2.47			0.52	0.70
18:2	g	2.16	0.156	4	0.45	0.61
18:3	g	0.31	0.023	4	0.07	0.09
18:4	g					1.42
20:4	g					
20:5	g	---			---	---
22:5	g					
22:6	g					
Cholesterol	mg	70	9.078	4	15	20
Phytosterols	mg					315
AMINO ACIDS:						
Tryptophan	g	0.156		1	0.033	0.044
Threonine	g	0.734		1	0.154	0.208
Isoleucine	g	0.700		1	0.147	0.198
Leucine	g	1.258		1	0.264	0.357
Lysine	g	1.364		1	0.286	0.387
Methionine	g	0.456		1	0.096	0.129
Cystine	g	0.190		1	0.040	0.054
Phenylalanine	g	0.641		1	0.135	0.182
Tyrosine	g	0.536		1	0.113	0.152
Valine	g	0.747		1	0.157	0.212
Arginine	g	1.023		1	0.215	0.290
Histidine	g	0.604		1	0.127	0.171
Alanine	g	0.948		1	0.199	0.269
Aspartic acid	g	1.500		1	0.315	0.425
Glutamic acid	g	2.338		1	0.491	0.663
Glycine	g	0.883		1	0.185	0.250
Proline	g	0.713		1	0.150	0.202
Serine	g	0.677		1	0.142	0.192

¹ Weight applies to slice, which is 4-1/4 by 4-1/4 by 1/16 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 slice = 28.35 g ²	2 slices = 56.7 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	70.52	0.281	57	19.99	39.99	
Food energy	{ kcal	131		37	74	594	
Food energy	{ kJ	548		155	311	2,487	
Protein (N X 6.25)	g	19.35	0.192	57	5.49	87.76	
Total lipid (fat)	g	4.96	0.343	32	1.41	22.48	
Carbohydrate, total	g	0.96			0.27	4.38	
Fiber	g	0.00			0.00	0.00	
Ash	g	4.21	0.131	21	1.19	2.39	
MINERALS:							
Calcium	mg	7	0.577	4	2	32	
Iron	mg	0.76	0.055	19	0.22	3.46	
Magnesium	mg	17	0.514	19	5	75	
Phosphorus	mg	218	10.273	19	62	991	
Potassium	mg	350	7.987	15	99	1,586	
Sodium	mg	1,429	41.219	19	405	6,480	
Zinc	mg	1.93	0.061	19	0.55	8.73	
Copper	mg	0.07	0.008	19	0.02	0.34	
Manganese	mg	0.033	0.003	5	0.009	0.150	
VITAMINS:							
Ascorbic acid ³	mg	26	1.605	15	7	119	
Thiamin	mg	0.932	0.040	19	0.264	4.228	
Riboflavin	mg	0.223	0.008	19	0.063	1.012	
Niacin	mg	4.838	0.141	19	1.372	21.945	
Pantothenic acid	mg	0.47	0.063	7	0.13	2.11	
Vitamin B ₆	mg	0.46	0.053	19	0.13	2.09	
Folacin	mcg	4	1.050	4	1	17	
Vitamin B ₁₂	mcg	0.75	0.036	19	0.21	3.40	
Vitamin A	{ RE						
Vitamin A	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.62			0.46	0.92	
4:0	g					7.35	
6:0	g						
8:0	g						
10:0	g	0.02	0.005	13	0.01	0.08	
12:0	g	0.01	0.003	11	0.00	0.06	
14:0	g	0.08	0.007	15	0.02	0.34	
16:0	g	1.01	0.094	15	0.29	4.57	
18:0	g	0.51	0.052	15	0.14	2.30	
Monounsaturated, total	g	2.35			0.67	10.65	
16:1	g	0.22	0.020	15	0.06	0.12	
18:1	g	2.13	0.173	15	0.60	9.66	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.48			0.14	2.19	
18:2	g	0.43	0.033	15	0.12	1.96	
18:3	g	0.05	0.009	15	0.01	0.23	
18:4	g						
20:4	g	---			---	---	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	47	2.495	12	13	27	
Phytosterols	mg					214	
AMINO ACIDS: ⁴							
Tryptophan	g	0.236		2	0.067	1.070	
Threonine	g	0.861		2	0.244	3.905	
Isoleucine	g	0.873		2	0.247	3.960	
Leucine	g	1.554		2	0.441	7.049	
Lysine	g	1.730		2	0.490	4.847	
Methionine	g	0.510		2	0.145	2.313	
Cystine	g	0.291		2	0.082	1.320	
Phenylalanine	g	0.780		2	0.221	3.538	
Tyrosine	g	0.601		2	0.170	2.726	
Valine	g	0.904		2	0.256	4.101	
Arginine	g	1.359		2	0.385	6.164	
Histidine	g	0.786		2	0.223	3.565	
Alanine	g	1.126		2	0.319	5.108	
Aspartic acid	g	1.875		2	0.532	8.505	
Glutamic acid	g	2.931		2	0.831	13.295	
Glycine	g	0.935		2	0.265	4.241	
Proline	g	0.786		2	0.223	3.565	
Serine	g	0.761		2	0.216	3.452	

¹ Includes data for hams with added water.² Weight applies to slice, which is 6-1/4 by 4 by 1/16 in.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.⁴ Values based on data for uncanned, fully cooked, boneless ham and ham steak.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 slice = 28.35 g ²	2 slices = 56.7 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	64.64	0.451	90	18.33 52	36.65 103	
Food energy	{ kcal	182			216	827 3,462	
Protein (N X 6.25)	g	17.56	0.226	90	4.98	79.67	
Total lipid (fat)	g	10.57	0.510	10	3.00	47.95	
Carbohydrate, total	g	3.11			0.88	14.13	
Fiber	g	0.00			0.00	0.00	
Ash	g	4.11	0.144	9	1.17	2.33	
MINERALS:							
Calcium	mg	7	3.000	2	2	32	
Iron	mg	0.99	0.103	9	0.28	4.50	
Magnesium	mg	19	1.190	9	5	85	
Phosphorus	mg	247	10.045	12	70	1,122	
Potassium	mg	332	22.680	10	94	1,508	
Sodium	mg	1,317	99.870	10	373	5,974	
Zinc	mg	2.14	0.109	8	0.61	9.69	
Copper	mg	0.10	0.008	7	0.03	0.45	
Manganese	mg	0.031	0.002	4	0.009	0.141	
VITAMINS:							
Ascorbic acid ³	mg	28	2.561	7	8	126	
Thiamin	mg	0.863	0.048	9	0.244	3.915	
Riboflavin	mg	0.252	0.013	8	0.071	1.143	
Niacin	mg	5.251	0.276	8	1.489	23.819	
Pantothenic acid	mg	0.45	0.110	3	0.13	2.03	
Vitamin B ₆	mg	0.34	0.014	8	0.10	1.52	
Folacin	mcg	3			1	15	
Vitamin B ₁₂	mcg	0.83	0.085	7	0.24	3.75	
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	3.39			0.96	1.92	
4:0	g					15.40	
6:0	g						
8:0	g						
10:0	g	0.02	0.006	7	0.01	0.10	
12:0	g	0.02	0.005	7	0.01	0.08	
14:0	g	0.15	0.012	7	0.04	0.66	
16:0	g	2.13	0.164	7	0.60	9.68	
18:0	g	1.08	0.077	7	0.31	4.89	
Monounsaturated, total	g	4.95			1.40	22.45	
16:1	g	0.43	0.022	7	0.12	1.93	
18:1	g	4.52	0.373	7	1.28	20.52	
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.21			0.34	5.48	
18:2	g	1.04	0.076	7	0.29	4.73	
18:3	g	0.17	0.025	7	0.05	0.76	
18:4	g						
20:4	g	---			---	---	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	57	3.761	7	16	32	
Phytosterols	mg					259	
AMINO ACIDS:⁴							
Tryptophan	g	0.214		2	0.061	0.971	
Threonine	g	0.781		2	0.221	3.543	
Isoleucine	g	0.792		2	0.225	3.593	
Leucine	g	1.411		2	0.400	6.400	
Lysine	g	1.571		2	0.445	7.126	
Methionine	g	0.464		2	0.132	2.105	
Cystine	g	0.264		2	0.075	1.198	
Phenylalanine	g	0.708		2	0.201	3.211	
Tyrosine	g	0.545		2	0.155	2.472	
Valine	g	0.821		2	0.233	3.724	
Arginine	g	1.233		2	0.350	5.593	
Histidine	g	0.714		2	0.202	3.239	
Alanine	g	1.022		2	0.290	4.636	
Aspartic acid	g	1.703		2	0.483	7.725	
Glutamic acid	g	2.661		2	0.754	12.070	
Glycine	g	0.849		2	0.241	3.851	
Proline	g	0.714		2	0.202	3.239	
Serine	g	0.692		2	0.196	3.139	

¹ Includes data for hams with added water.² Weight applies to slice, which is 6-1/4 by 4 by 1/16 in.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.⁴ Values based on data for uncanned, fully cooked, boneless ham and ham steak.

HAM AND CHEESE LOAF OR ROLL

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	57.91	0.818	8	32.84 147	16.42 73	
Food energy	{ kcal	259			613	1,173 4,907	
	{ kJ	1,082					
Protein (N X 6.25)	g	16.62	0.296	8	9.42	4.71 75.40	
Total lipid (fat)	g	20.21	0.935	8	11.46	5.73 91.68	
Carbohydrate, total	g	1.43			0.81	0.40 6.48	
Fiber	g						
Ash	g	3.83	0.070	8	2.17	1.08 17.35	
MINERALS:							
Calcium	mg	58	4.022	8	33	16 263	
Iron	mg	0.91	0.109	8	0.52 9	0.26 5 4.15	
Magnesium	mg	16	0.350	8		72	
Phosphorus	mg	253	17.467	8	143		
Potassium	mg	294	10.457	8	166	72 1,145	
Sodium	mg	1,343	16.475	8	762	83 1,332	
Zinc	mg	2.00	0.109	8	1.13	0.57 6,093	
Copper	mg	0.08	0.009	8	0.04	0.02 9.07	
Manganese	mg	0.027	0.002	5	0.015	0.008 0.34	
VITAMINS:							
Ascorbic acid ²	mg	25	1.381	8	14	7 114	
Thiamin	mg	0.601	0.031	8	0.341	0.170 2.726	
Riboflavin	mg	0.187	0.012	8	0.106	0.053 0.848	
Niacin	mg	3.452	0.230	8	1.957	0.979 15.658	
Pantothenic acid	mg	0.52	0.111	5	0.30	0.15 2.38	
Vitamin B ₆	mg	0.26	0.019	8	0.15	0.07 1.18	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	0.81	0.027	8	0.46	0.23 3.66	
Vitamin A	{ RE	---			---	---	
	{ IU	---			---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	7.51			4.26	2.13 34.07	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08	0.020	5	0.04	0.02 0.34	
12:0	g	0.08	0.021	5	0.05	0.02 0.37	
14:0	g	0.42	0.016	8	0.24	0.12 1.91	
16:0	g	4.57	0.179	8	2.59	1.30 20.73	
18:0	g	2.36	0.092	8	1.34	0.67 10.71	
Monounsaturated, total	g	9.26			5.25	2.62 41.98	
16:1	g	0.72	0.054	8	0.41	0.20 3.27	
18:1	g	8.54	0.379	8	4.84	2.42 38.71	
20:1	g						
22:1	g						
Polysaturated, total	g	2.19			1.24	0.62 9.92	
18:2	g	1.91	0.136	8	1.09	0.54 8.68	
18:3	g	0.27	0.048	8	0.15	0.08 1.24	
18:4	g						
20:4	g	---			---	---	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	57	3.666	6	33	16 260	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.207			0.117	0.059 0.939	
Threonine	g	0.719			0.408	0.204 3.261	
Isoleucine	g	0.754			0.428	0.214 3.420	
Leucine	g	1.353			0.767	0.384 6.137	
Lysine	g	1.508			0.855	0.428 6.840	
Methionine	g	0.439			0.249	0.124 1.991	
Cystine	g	0.235			0.133	0.067 1.066	
Phenylalanine	g	0.691			0.392	0.196 3.134	
Tyrosine	g	0.560			0.318	0.159 2.540	
Valine	g	0.802			0.455	0.227 3.638	
Arginine	g	1.119			0.634	0.317 5.076	
Histidine	g	0.677			0.384	0.192 3.071	
Alanine	g	0.911			0.517	0.258 4.132	
Aspartic acid	g	1.552			0.880	0.440 7.040	
Glutamic acid	g	2.626			1.489	0.744 11.912	
Glycine	g	0.748			0.424	0.212 3.393	
Proline	g	0.787			0.446	0.223 3.570	
Serine	g	0.672			0.381	0.191 3.048	

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

HAM AND CHEESE SPREAD

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 tbsp = 15 g	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	59.12	0.375	4	8.87	16.76	
Food energy	{ kcal	245		37	69	268.19	
		1,025		154	291	1,111	
Protein (N X 6.25)	g	16.18	0.165	4	2.43	4.59	
Total lipid (fat)	g	18.52	0.382	4	2.78	5.25	
Carbohydrate, total	g	2.28			0.34	0.64	
Fiber	g					10.32	
Ash	g	3.90	0.041	4	0.59	1.11	
MINERALS:							
Calcium	mg	217	7.952	4	33	62	
Iron	mg	0.76	0.207	4	0.11	0.22	
Magnesium	mg	18	0.479	4	3	5	
Phosphorus	mg	495	11.287	4	74	140	
Potassium	mg	162	14.509	4	24	46	
Sodium	mg	1,196	45.958	4	179	339	
Zinc	mg	2.25	0.179	4	0.34	0.64	
Copper	mg	0.09	0.049	4	0.01	0.03	
Manganese	mg	0.036			0.005	0.010	
VITAMINS:							
Ascorbic acid ¹	mg	7	2.136	4	1	2	
Thiamin	mg	0.318	0.013	4	0.048	0.090	
Riboflavin	mg	0.220	0.011	4	0.033	0.062	
Niacin	mg	2.153	0.226	4	0.323	0.610	
Pantothenic acid	mg	0.59			0.09	0.17	
Vitamin B ₆	mg	0.13	0.013	4	0.02	0.04	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	0.73	0.171	4	0.11	0.21	
Vitamin A	{ RE	---			---	3.30	
	{ IU	---			---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	8.62			1.29	2.44	
4:0	g					39.12	
6:0	g						
8:0	g						
10:0	g	0.28	0.037	4	0.04	0.08	
12:0	g	0.36	0.047	4	0.05	0.10	
14:0	g	1.11	0.068	4	0.17	0.31	
16:0	g	4.49	0.170	4	0.67	1.27	
18:0	g	2.11	0.182	4	0.32	0.60	
Monounsaturated, total	g	7.08			1.06	2.01	
16:1	g	0.77	0.049	4	0.12	0.22	
18:1	g	6.31	0.286	4	0.95	1.79	
20:1	g					32.11	
22:1	g						
Polysaturated, total	g	1.38			0.21	0.39	
18:2	g	1.23	0.116	4	0.18	0.35	
18:3	g	0.15	0.041	4	0.02	0.04	
18:4	g					0.67	
20:4	g	---			---	---	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	61	3.189	4	9	17	
Phytosterols	mg					277	
AMINO ACIDS:							
Tryptophan	g		---		---	---	
Threonine	g		---		---	---	
Isoleucine	g		---		---	---	
Leucine	g		---		---	---	
Lysine	g		---		---	---	
Methionine	g		---		---	---	
Cystine	g		---		---	---	
Phenylalanine	g		---		---	---	
Tyrosine	g		---		---	---	
Valine	g		---		---	---	
Arginine	g		---		---	---	
Histidine	g		---		---	---	
Alanine	g		---		---	---	
Aspartic acid	g		---		---	---	
Glutamic acid	g		---		---	---	
Glycine	g		---		---	---	
Proline	g		---		---	---	
Serine	g		---		---	---	

¹ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

HAM SALAD SPREAD

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 tbsp = 15 g	1 oz = 28.35 g	Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	62.60	0.389	4	9.39	17.75	283.95
Food energy	{ kcal	216			32	61	981
	kJ	905			136	257	4,104
Protein (N X 6.25)	g	8.68	0.201	4	1.30	2.46	39.35
Total lipid (fat)	g	15.53	0.622	4	2.33	4.40	70.42
Carbohydrate, total	g	10.65			1.60	3.02	48.31
Fiber	g						
Ash	g	2.55	0.193	4	0.38	0.72	11.57
MINERALS:							
Calcium	mg	8	0.408	4	1	2	36
Iron	mg	0.59	0.089	4	0.09	0.17	2.68
Magnesium	mg	10	0.478	4	1	3	44
Phosphorus	mg	120	2.327	4	18	34	542
Potassium	mg	150	4.497	4	22	42	679
Sodium	mg	912	48.798	4	137	259	4,138
Zinc	mg	1.10	0.081	4	0.17	0.31	4.99
Copper	mg	0.07	0.016	4	0.01	0.02	0.33
Manganese	mg	---			---	---	---
VITAMINS:							
Ascorbic acid ¹	mg	6	1.080	4	1	2	27
Thiamin	mg	0.435	0.075	4	0.065	0.123	1.973
Riboflavin	mg	0.120	0.007	4	0.018	0.034	0.544
Niacin	mg	2.095	0.096	4	0.314	0.594	9.503
Pantothenic acid	mg	0.31		1	0.05	0.09	1.41
Vitamin B ₆	mg	0.15	0.011	4	0.02	0.04	0.68
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	0.76	0.061	4	0.11	0.22	3.46
Vitamin A	{ RE	---			---	---	---
	{ IU	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.06			0.76	1.44	22.96
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02	0.000	3	0.00	0.01	0.08
12:0	g	0.01	0.000	3	0.00	0.00	0.04
14:0	g	0.16	0.008	3	0.02	0.04	0.70
16:0	g	3.20	0.079	3	0.48	0.91	14.51
18:0	g	1.68	0.038	3	0.25	0.48	7.63
Monounsaturated, total	g	7.20			1.08	2.04	32.64
16:1	g	0.47	0.036	3	0.07	0.13	2.12
18:1	g	6.73	0.194	3	1.01	1.91	30.52
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.70			0.40	0.76	12.24
18:2	g	2.37	0.057	3	0.36	0.67	10.75
18:3	g	0.33	0.013	3	0.05	0.09	1.49
18:4	g						
20:4	g				---	---	---
20:5	g				---	---	---
22:5	g				---	---	---
22:6	g				---	---	---
Cholesterol	mg	37	2.496	4	6	10	167
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.089		1	0.013	0.025	0.404
Threonine	g	0.409		1	0.061	0.116	1.855
Isoleucine	g	0.403		1	0.060	0.114	1.828
Leucine	g	0.725		1	0.109	0.206	3.289
Lysine	g	0.772		1	0.116	0.219	3.502
Methionine	g	0.228		1	0.034	0.065	1.034
Cystine	g	0.051		1	0.008	0.014	0.231
Phenylalanine	g	0.354		1	0.053	0.100	1.606
Tyrosine	g	0.278		1	0.042	0.079	1.261
Valine	g	0.448		1	0.067	0.127	2.032
Arginine	g	0.593		1	0.089	0.168	2.690
Histidine	g	0.350		1	0.053	0.099	1.588
Alanine	g	0.536		1	0.080	0.152	2.431
Aspartic acid	g	0.856		1	0.128	0.243	3.883
Glutamic acid	g	1.349		1	0.202	0.382	6.119
Glycine	g	0.486		1	0.073	0.138	2.204
Proline	g	0.401		1	0.060	0.114	1.844
Serine	g	0.376		1	0.056	0.107	1.700

¹ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	64.75	1.485	8	36.71	18.36	293.71
Food energy	{ kcal	212			120	60	961
	{ kJ	887			503	251	4,022
Protein (N X 6.25)	g	16.00	0.485	4	9.07	4.54	72.56
Total lipid (fat)	g	15.78	1.190	8	8.95	4.47	71.58
Carbohydrate, total	g	0.35			0.20	0.10	1.57
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.13	0.125	4	1.77	0.89	14.18
MINERALS:							
Calcium	mg	16	0.478	4	9	4	71
Iron	mg	1.17	0.156	4	0.66	0.33	5.32
Magnesium	mg	9	0.408	4	5	3	41
Phosphorus	mg	59	3.027	4	33	17	268
Potassium	mg	31	7.059	4	18	9	141
Sodium	mg	1,257	42.769	4	713	356	5,703
Zinc	mg	1.30	0.041	4	0.74	0.37	5.90
Copper	mg	0.12	0.027	4	0.07	0.03	0.55
Manganese	mg	0.019	0.006	4	0.011	0.005	0.086
VITAMINS:							
Ascorbic acid ²	mg	22	4.715	4	12	6	99
Thiamin	mg	0.037	0.002	4	0.021	0.010	0.168
Riboflavin	mg	0.182	0.007	4	0.103	0.052	0.826
Niacin	mg	1.127	0.105	4	0.639	0.320	5.112
Pantothenic acid	mg	0.22	0.020	2	0.12	0.06	1.00
Vitamin B ₆	mg	0.19	0.104	4	0.11	0.05	0.85
Folacin	mcg	2	0.550	4	1	1	10
Vitamin B ₁₂	mcg	1.05	0.099	4	0.60	0.30	4.76
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.94			2.80	1.40	22.39
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03	0.015	4	0.02	0.01	0.15
12:0	g	0.02	0.009	4	0.01	0.01	0.10
14:0	g	0.27	0.066	4	0.15	0.08	1.24
16:0	g	3.08	0.249	4	1.75	0.87	13.98
18:0	g	1.52	0.230	4	0.86	0.43	6.91
Monounsaturated, total	g	8.10			4.59	2.30	36.74
16:1	g	0.83	0.081	4	0.47	0.24	3.77
18:1	g	7.27	0.593	4	4.12	2.06	32.97
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.65			0.93	0.47	7.47
18:2	g	1.45	0.126	4	0.82	0.41	6.59
18:3	g	0.19	0.045	4	0.11	0.05	0.88
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81	16.500	2	46	23	365
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.084		1	0.048	0.024	0.381
Threonine	g	0.445		1	0.252	0.126	2.019
Isoleucine	g	0.543		1	0.308	0.154	2.463
Leucine	g	1.008		1	0.572	0.286	4.572
Lysine	g	0.967		1	0.548	0.274	4.386
Methionine	g	0.266		1	0.151	0.075	1.207
Cystine	g	0.223		1	0.126	0.063	1.012
Phenylalanine	g	0.606		1	0.344	0.172	2.749
Tyrosine	g	0.466		1	0.264	0.132	2.114
Valine	g	0.658		1	0.373	0.187	2.985
Arginine	g	1.146		1	0.660	0.325	5.198
Histidine	g	0.297		1	0.168	0.084	1.347
Alanine ³	g	1.024		1	0.581	0.290	4.645
Aspartic acid	g	1.423		1	0.807	0.403	6.455
Glutamic acid	g	1.689		1	0.958	0.479	7.661
Glycine	g	1.922		1	1.090	0.545	8.718
Proline	g	1.295		1	0.734	0.367	5.874
Serine	g	0.627		1	0.356	0.178	2.844

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.³ Imputed values.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	70.47	0.209	15	39.96 73	19.98 36
Food energy	kcal	128			304	319.67 582
Protein (N X 6.25)	g	5.37	0.374	15	8.94	2,434
Total lipid (fat)	g	15.77	0.166	15	4.47 2.53	71.55 20.26
Carbohydrate, total	g	4.47			1.27	24.16
Fiber	g	5.33			3.02	1.51
Ash	g	3.96	0.051	15	2.25	1.12
MINERALS:						
Calcium	mg	17	3.456	5	10	5
Iron	mg	1.35	0.099	15	0.76	6.11
Magnesium	mg	17	1.067	5	10	76
Phosphorus	mg	143	8.891	5	81	650
Potassium	mg	343	23.359	5	195	1,558
Sodium	mg	1,320	51.469	5	749	5,988
Zinc	mg	2.42	0.116	5	1.37	10.98
Copper	mg	0.06	0.013	5	0.04	0.28
Manganese	mg	0.030	0.005	5	0.017	0.136
VITAMINS:						
Ascorbic acid ²	mg	21	0.935	15	12	6
Thiamin	mg	0.482	0.038	15	0.273	96 2.186
Riboflavin	mg	0.240	0.009	15	0.136	1.089
Niacin	mg	3.142	0.109	15	1.782	14.252
Pantothenic acid	mg	0.66	0.085	2	0.37	2.97
Vitamin B6	mg	0.33	0.037	15	0.18	0.09
Folacin	mcg	---			---	1.47
Vitamin B12	mcg	1.08	0.049	15	0.61	---
Vitamin A	{RE. IU.				0.31	4.90
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.44			0.81	0.41
4:0	g					6.51
6:0	g					
8:0	g					
10:0	g	0.02	0.006	3	0.01	0.10
12:0	g	0.02	0.006	3	0.01	0.10
14:0	g	0.08	0.017	5	0.05	0.37
16:0	g	0.84	0.033	5	0.48	3.83
18:0	g	0.47	0.038	5	0.27	2.12
Monounsaturated, total	g	2.01			1.14	9.14
16:1	g	0.23	0.027	5	0.13	1.03
18:1	g	1.79	0.042	5	1.01	8.11
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.47			0.26	2.11
18:2	g	0.38	0.017	5	0.22	1.74
18:3	g	0.08	0.026	5	0.05	0.37
18:4	g					
20:4	g	---			---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	34	8.686	3	19	10
Phytosterols	mg					156
AMINO ACIDS:						
Tryptophan	g	0.182		1	0.103	0.052
Threonine	g	0.788		1	0.447	0.223
Isoleucine	g	0.727		1	0.412	0.206
Leucine	g	1.371		1	0.777	3.298
Lysine	g	1.481		1	0.840	6.219
Methionine	g	0.477		1	0.270	6.718
Cystine	g	0.154		1	0.087	0.135
Phenylalanine	g	0.669		1	0.379	0.599
Tyrosine	g	0.578		1	0.328	0.190
Valine	g	0.775		1	0.439	3.035
Arginine	g	1.075		1	0.610	2.622
Histidine	g	0.611		1	0.346	3.515
Alanine	g	0.812		1	0.460	4.876
Aspartic acid	g	1.585		1	0.899	2.771
Glutamic acid	g	2.652		1	1.504	3.683
Glycine	g	0.846		1	0.480	7.190
Proline	g	0.808		1	0.458	12.029
Serine	g	0.753		1	0.427	3.837
						3.665
						3.416

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 slice = 23 g ¹	1 oz = 28.35 g	Refuse: 0	G
A	B	C	D	E	F		
PROXIMATE:							
Water	g	64.78	0.228	4	14.90	18.36	293.82
Food energy	{ kcal	182			42	52	826
	kJ	762			175	216	3,455
Protein (N X 6.25)	g	18.58	0.179	4	4.27	5.27	84.26
Total lipid (fat)	g	10.50	0.376	4	2.42	2.98	47.63
Carbohydrate, total	g	2.18			0.50	0.62	9.87
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.98	0.063	4	0.91	1.13	18.03
MINERALS:							
Calcium	mg	9	0.000	3	2	3	41
Iron	mg	2.20	0.220	4	0.51	0.62	9.98
Magnesium	mg	16	1.436	4	4		71
Phosphorus	mg	137	7.134	4	31	39	620
Potassium	mg	291	23.063	4	67	83	1,321
Sodium	mg	1,322	26.166	4	304	375	5,997
Zinc	mg	3.25	0.086	4	0.75	0.92	14.74
Copper	mg	0.10	0.008	4	0.02	0.03	0.44
Manganese	mg	0.037	0.005	3	0.008	0.010	0.168
VITAMINS:							
Ascorbic acid ²	mg	17	0.750	4	4	5	78
Thiamin	mg	0.080	0.007	4	0.018	0.023	0.363
Riboflavin	mg	0.182	0.016	4	0.042	0.052	0.826
Niacin	mg	4.165	0.165	4	0.958	1.181	18.892
Pantothenic acid	mg	0.49	0.010	2	0.11	0.14	2.22
Vitamin B ₆	mg	0.27	0.025	4	0.06	0.08	1.20
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	2.35	0.182	4	0.54	0.67	10.65
Vitamin A	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.08			0.94	1.16	18.49
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02	0.007	4	0.00	0.00	0.07
12:0	g	0.02	0.007	4	0.00	0.00	0.07
14:0	g	0.28	0.009	4	0.06	0.08	1.28
16:0	g	2.40	0.075	4	0.55	0.68	10.89
18:0	g	1.36	0.059	4	0.31	0.39	6.18
Monounsaturated, total	g	4.82			1.11	1.37	21.86
16:1	g	0.62	0.051	4	0.14	0.18	2.82
18:1	g	4.20	0.257	4	0.97	1.19	19.04
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.49			0.11	0.14	2.21
18:2	g	0.38	0.020	4	0.09	0.11	1.71
18:3	g	0.11	0.015	4	0.03	0.03	0.49
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	50	3.198	4	12	14	228
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	---			---	---	---
Threonine	g	---			---	---	---
Isoleucine	g	---			---	---	---
Leucine	g	---			---	---	---
Lysine	g	---			---	---	---
Methionine	g	---			---	---	---
Cystine	g	---			---	---	---
Phenylalanine	g	---			---	---	---
Tyrosine	g	---			---	---	---
Valine	g	---			---	---	---
Arginine	g	---			---	---	---
Histidine	g	---			---	---	---
Alanine	g	---			---	---	---
Aspartic acid	g	---			---	---	---
Glutamic acid	g	---			---	---	---
Glycine	g	---			---	---	---
Proline	g	---			---	---	---
Serine	g	---			---	---	---

¹ Weight applies to slice, which is 4 in diam., 1/8 in thick.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 link = 91 g ¹	1 link = 113 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	51.08	0.202	4	46.48	57.71	
Food energy	{ kcal	346			315	231.68	
	{ kJ	1,447			1,317	1,569	
Protein (N X 6.25)	g	14.25	0.190	4	12.97	16.10	
Total lipid (fat)	g	31.32	0.450	4	28.51	35.40	
Carbohydrate, total	g	0.65			0.59	0.73	
Fiber	g	0.00			0.00	0.00	
Ash	g	2.70	0.438	4	2.46	3.05	
MINERALS:							
Calcium	mg	18	0.500	4	16	20	
Iron	mg	1.18	0.094	4	1.07	1.33	
Magnesium	mg	14	0.946	4	13	16	
Phosphorus	mg	142	3.764	4	129	160	
Potassium	mg	253	7.352	4	230	286	
Sodium	mg	731	25.617	4	665	826	
Zinc	mg	1.78	0.082	4	1.62	2.02	
Copper	mg	0.08	0.008	3	0.07	0.09	
Manganese	mg	0.058	0.012	4	0.053	0.066	
VITAMINS:							
Ascorbic acid	mg	2	0.946	4	2	3	
Thiamin	mg	0.568	0.025	4	0.517	0.642	
Riboflavin	mg	0.168	0.008	4	0.153	0.190	
Niacin	mg	3.250	0.262	4	2.958	3.672	
Pantothenic acid	mg	0.51			0.46	0.57	
Vitamin B ₆	mg	0.30	0.016	4	0.27	0.34	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	0.91	0.046	4	0.83	1.03	
Vitamin A	{ RE					4.13	
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	11.27			10.26	12.74	
4:0	g					51.13	
6:0	g						
8:0	g						
10:0	g	0.08	0.010	4	0.07	0.09	
12:0	g	0.06	0.010	4	0.05	0.06	
14:0	g	0.56	0.057	4	0.51	0.63	
16:0	g	6.64	0.218	4	6.04	7.50	
18:0	g	3.92	0.218	4	3.57	4.44	
Monounsaturated, total	g	14.34			13.05	16.21	
16:1	g	1.49	0.118	4	1.35	1.68	
18:1	g	12.86	0.384	4	11.70	14.53	
20:1	g					58.31	
22:1	g						
Polysaturated, total	g	4.03			3.67	4.55	
18:2	g	3.62	0.251	4	3.30	4.09	
18:3	g	0.41	0.095	4	0.37	0.46	
18:4	g					1.85	
20:4	g	---			---	---	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76	1.750	4	69	86	
Phytosterols	mg					346	
AMINO ACIDS:							
Tryptophan	g	0.114			0.104	0.129	
Threonine	g	0.563			0.512	0.636	
Isoleucine	g	0.520			0.473	0.588	
Leucine	g	0.956			0.870	1.080	
Lysine	g	1.083			0.986	1.224	
Methionine	g	0.346			0.315	0.391	
Cystine	g	0.144			0.131	0.163	
Phenylalanine	g	0.477			0.434	0.539	
Tyrosine	g	0.411			0.374	0.464	
Valine	g	0.572			0.521	0.646	
Arginine	g	0.842			0.766	0.951	
Histidine	g	0.411			0.374	0.464	
Alanine	g	0.798			0.726	0.902	
Aspartic acid	g	1.186			1.079	1.340	
Glutamic acid	g	1.970			1.793	2.226	
Glycine	g	0.865			0.787	0.977	
Proline	g	0.663			0.603	0.749	
Serine	g	0.552			0.502	0.624	

¹ Weight applies to link packaged 5 per pound.² Weight applies to link packaged 4 per pound.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 link = 67 g ¹	1 link = 83 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	49.95	0.412	4	33.47	41.46	226.57
Food energy	kcal	323			216	268	1,466
Food energy	kJ	1,352			906	1,122	6,132
Protein (N X 6.25)	g	20.02	0.569	4	13.42	16.62	90.83
Total lipid (fat)	g	25.70	0.438	4	17.22	21.33	116.58
Carbohydrate, total	g	1.50			1.00	1.24	6.80
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.82	0.086	4	1.89	2.34	12.81
MINERALS:							
Calcium	mg	24	0.958	4	16	20	107
Iron	mg	1.50	0.128	4	1.00	1.24	6.79
Magnesium	mg	18	1.190	4	12	15	79
Phosphorus	mg	170	3.440	4	114	141	771
Potassium	mg	304	9.647	4	204	253	1,380
Sodium	mg	922	34.027	4	618	765	4,182
Zinc	mg	2.38	0.149	4	1.60	1.98	10.82
Copper	mg	0.08	0.019	4	0.05	0.06	0.34
Manganese	mg	0.082	0.014	3	0.055	0.068	0.372
VITAMINS:							
Ascorbic acid	mg	2	0.479	4	1	1	8
Thiamin	mg	0.623	0.032	4	0.417	0.517	2.826
Riboflavin	mg	0.233	0.016	4	0.156	0.193	1.057
Niacin	mg	4.165	0.274	4	2.791	3.457	18.892
Pantothenic acid	mg	0.45			0.30	0.37	2.02
Vitamin B ₆	mg	0.33	0.014	4	0.22	0.28	1.51
Folacin	mcg	--			--	--	--
Vitamin B ₁₂	mcg	1.30	0.102	4	0.87	1.08	5.91
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	9.07			6.08	7.53	41.13
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07	0.009	4	0.05	0.06	0.32
12:0	g	0.05	0.006	4	0.03	0.04	0.23
14:0	g	0.45	0.041	4	0.30	0.38	2.05
16:0	g	5.39	0.150	4	3.61	4.48	24.47
18:0	g	3.07	0.110	4	2.06	2.55	13.93
Monounsaturated, total	g	11.94			8.00	9.91	54.18
16:1	g	1.18	0.074	4	0.79	0.98	5.34
18:1	g	10.77	0.423	4	7.21	8.94	48.84
20:1	g						
22:1	g						
Polysaturated, total	g	3.29			2.20	2.73	14.91
18:2	g	2.84	0.145	4	1.91	2.36	12.90
18:3	g	0.44	0.063	4	0.30	0.37	2.01
18:4	g						
20:4	g	--			--	--	--
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78	2.646	4	52	65	354
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.161			0.108	0.134	0.730
Threonine	g	0.792			0.531	0.657	3.593
Isoleucine	g	0.731			0.490	0.607	3.316
Leucine	g	1.343			0.900	1.115	6.092
Lysine	g	1.522			1.020	1.263	6.904
Methionine	g	0.486			0.326	0.403	2.204
Cystine	g	0.201			0.135	0.167	0.912
Phenylalanine	g	0.670			0.449	0.556	3.039
Tyrosine	g	0.577			0.387	0.479	2.617
Valine	g	0.804			0.539	0.667	3.647
Arginine	g	1.182			0.792	0.981	5.362
Histidine	g	0.577			0.387	0.479	2.617
Alanine	g	1.121			0.751	0.930	5.085
Aspartic acid	g	1.666			1.116	1.383	7.557
Glutamic acid	g	2.768			1.855	2.297	12.556
Glycine	g	1.214			0.813	1.008	5.507
Proline	g	0.932			0.624	0.774	4.228
Serine	g	0.775			0.519	0.643	3.515

¹ Yield from raw link packaged 5 per pound.² Yield from raw link packaged 4 per pound.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 slice = 26 g ¹	1 oz = 28.35 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	53.95	0.445	24	14.03 81	15.30 88
Food energy	{ kcal	310			337	1,405 5,879
	kJ	1,296				
Protein (N X 6.25)	g	13.26	0.192	24	3.45	3.76
Total lipid (fat)	g	27.15	0.254	24	7.06	7.70
Carbohydrate, total	g	2.14			0.56	0.61
Fiber	g	0.00			0.00	0.00
Ash	g	3.50	0.103	6	0.91	0.99
MINERALS:						
Calcium	mg	44	2.632	24	11	12
Iron	mg	1.45	0.043	24	0.38	0.41
Magnesium	mg	16	0.358	7	4	5
Phosphorus	mg	148	3.088	6	38	42
Potassium	mg	271	16.222	6	70	77
Sodium	mg	1,076	53.695	6	280	305
Zinc	mg	2.02	0.040	6	0.52	0.57
Copper	mg	0.10	0.003	6	0.03	0.03
Manganese	mg	0.040	0.002	6	0.010	0.011
VITAMINS:						
Ascorbic acid ²	mg	21	0.609	18	6	6
Thiamin	mg	0.228	0.008	24	0.059	0.065
Riboflavin	mg	0.214	0.007	24	0.056	0.061
Niacin	mg	2.879	0.083	24	0.749	0.816
Pantothenic acid	mg	0.82	0.030	2	0.21	0.23
Vitamin B ₆	mg	0.18	0.004	24	0.05	0.05
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	1.61	0.078	24	0.42	0.46
Vitamin A	{ RE. IU					7.32
LIPIDS:						
Fatty acids:						
Saturated, total	g	9.91			2.58	2.81
4:0	g					44.93
6:0	g					
8:0	g					
10:0	g	0.03	0.001	6	0.01	0.01
12:0	g	0.02	0.006	6	0.01	0.01
14:0	g	0.36	0.016	6	0.09	0.10
16:0	g	6.13	0.169	6	1.59	1.74
18:0	g	3.36	0.058	6	0.87	0.95
Monounsaturated, total	g	12.94			3.36	3.67
16:1	g	0.97	0.038	6	0.25	0.27
18:1	g	11.97	0.323	6	3.11	3.39
20:1	g					54.30
22:1	g					
Polyunsaturated, total	g	3.08			0.80	0.87
18:2	g	2.68	0.100	6	0.70	0.76
18:3	g	0.40	0.015	6	0.10	0.11
18:4	g					1.81
20:4	g		---		---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	67	4.619	6	17	19
Phytosterols	mg					304
AMINO ACIDS:						
Tryptophan	g	0.138		1	0.036	0.039
Threonine	g	0.432		1	0.112	0.122
Isoleucine	g	0.639		1	0.166	0.181
Leucine	g	0.874		1	0.227	0.248
Lysine	g	1.010		1	0.263	0.286
Methionine	g	0.276		1	0.072	0.078
Cystine	g	0.225		1	0.059	0.064
Phenylalanine	g	0.501		1	0.130	0.142
Tyrosine	g	0.490		1	0.127	0.139
Valine	g	0.639		1	0.166	0.181
Arginine	g	0.942		1	0.245	0.267
Histidine	g	0.314		1	0.082	0.089
Alanine ³	g	0.848			0.220	0.240
Aspartic acid	g	1.218		1	0.317	0.345
Glutamic acid	g	1.618		1	0.421	0.459
Glycine	g	1.039		1	0.270	0.295
Proline	g	0.687		1	0.179	0.195
Serine	g	0.530		1	0.138	0.150

¹ Weight applies to slice, which is 6 by 3-3/4 by 1/16 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.³ Imputed values.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 link = 68 g ¹	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	55.50	0.690	5	37.74	15.73
Food energy	{ kcal	308		209	87	251.75
	kj	1,288		876	365	1,397
Protein (N X 6.25)	g	11.88	0.159	5	8.08	53.89
Total lipid (fat)	g	27.76	0.715	5	18.88	7.87
Carbohydrate, total	g	1.76			1.20	0.50
Fiber	g	0.00			0.00	0.00
Ash	g	3.10	0.055	5	2.11	0.88
MINERALS:						
Calcium	mg	11	0.928	5	7	48
Iron	mg	0.91	0.118	5	0.62	4.13
Magnesium	mg	11	0.583	5	8	51
Phosphorus	mg	98	6.135	5	67	445
Potassium	mg	199	8.858	5	136	904
Sodium	mg	1,010	59.320	5	687	286
Zinc	mg	1.66	0.103	5	1.13	0.47
Copper	mg	0.06	0.011	5	0.04	0.02
Manganese	mg	---			---	---
VITAMINS:						
Ascorbic acid ²	mg	27	1.166	5	18	121
Thiamin	mg	0.342	0.015	5	0.233	0.097
Riboflavin	mg	0.140	0.006	5	0.095	0.040
Niacin	mg	2.734	0.117	5	1.859	0.775
Pantothenic acid	mg	0.32		1	0.22	0.09
Vitamin B ₆	mg	0.17	0.012	5	0.11	0.05
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	1.18	0.127	5	0.80	0.33
Vitamin A	{ RE					
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.20			6.94	2.89
4:0	g					46.28
6:0	g					
8:0	g					
10:0	g	0.11	0.055	5	0.08	0.03
12:0	g	0.09	0.052	5	0.06	0.02
14:0	g	0.58	0.069	5	0.39	0.16
16:0	g	5.97	0.270	5	4.06	1.69
18:0	g	3.46	0.086	5	2.35	0.98
Monounsaturated, total	g	12.81			8.71	3.63
16:1	g	1.28	0.042	5	0.87	0.36
18:1	g	11.53	0.700	5	7.84	3.27
20:1	g					52.31
22:1	g					
Polyunsaturated, total	g	2.92			1.98	0.83
18:2	g	2.48	0.223	5	1.69	0.70
18:3	g	0.44	0.085	5	0.30	0.12
18:4	g					1.99
20:4	g				---	---
20:5	g				---	---
22:5	g				---	---
22:6	g				---	---
Cholesterol	mg	58	2.983	5	39	16
Phytosterols	mg					263
AMINO ACIDS:						
Tryptophan	g	0.108		1	0.073	0.490
Threonine	g	0.479		1	0.326	2.173
Isoleucine	g	0.466		1	0.317	2.114
Leucine	g	0.821		1	0.558	3.724
Lysine	g	0.933		1	0.634	0.265
Methionine	g	0.287		1	0.195	4.232
Cystine	g	0.147		1	0.100	0.081
Phenylalanine	g	0.407		1	0.277	0.667
Tyrosine	g	0.361		1	0.245	1.846
Valine	g	0.515		1	0.350	1.637
Arginine	g	0.709		1	0.482	2.336
Histidine	g	0.361		1	0.245	3.216
Alanine	g	0.675		1	0.459	1.637
Aspartic acid	g	1.011		1	0.687	3.062
Glutamic acid	g	1.619		1	1.101	4.586
Glycine	g	0.703		1	0.478	7.344
Proline	g	0.539		1	0.367	3.189
Serine	g	0.477		1	0.324	2.445
						2.164

¹ Weight applies to link, which is 4 in long, 1-1/8 in diam.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 slice = 23 g ¹	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	59.27	0.521	12	13.63	16.80	
Food energy	{ kcal	226			52	64	
	{ kJ	945			217	268	
Protein (N X 6.25)	g	19.61	0.298	9	4.51	5.56	
Total lipid (fat)	g	14.84	0.262	9	3.41	4.21	
Carbohydrate, total	g	2.12			0.49	0.60	
Fiber	g	0.00			0.00	0.00	
Ash	g	4.17	0.147	9	0.96	1.18	
MINERALS:							
Calcium	mg	13	0.288	4	3	4	
Iron	mg	2.38	0.201	4	0.55	0.67	
Magnesium	mg	16	0.288	4	4	70	
Phosphorus	mg	148	2.254	4	34	42	
Potassium	mg	307	6.198	4	70	87	
Sodium	mg	1,266	28.565	4	291	359	
Zinc	mg	3.90	0.158	4	0.90	1.11	
Copper	mg	0.09	0.006	4	0.02	0.02	
Manganese	mg	0.057	0.005	4	0.013	0.016	
VITAMINS:							
Ascorbic acid ²	mg	34	2.174	4	8	10	
Thiamin	mg	0.060	0.007	4	0.014	0.017	
Riboflavin	mg	0.197	0.005	4	0.045	0.056	
Niacin	mg	4.702	0.166	4	1.081	1.333	
Pantothenic acid	mg	0.54	0.005	2	0.12	0.15	
Vitamin B ₆	mg	0.24	0.016	4	0.06	0.07	
Folacin	mcg	3	0.564	3	1	1	
Vitamin B ₁₂	mcg	2.77	0.270	4	0.64	0.79	
Vitamin A	{ RE					12.56	
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.17			1.42	1.75	
4:0	g					27.98	
6:0	g						
8:0	g						
10:0	g	0.03	0.013	4	0.01	0.01	
12:0	g	0.04	0.014	4	0.01	0.01	
14:0	g	0.39	0.019	4	0.09	0.11	
16:0	g	3.38	0.053	4	0.78	0.96	
18:0	g	2.33	0.152	4	0.54	0.66	
Monounsaturated, total	g	6.41			1.47	1.82	
16:1	g	0.92	0.072	4	0.21	0.26	
18:1	g	5.50	0.192	4	1.26	1.56	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.79			0.18	0.22	
18:2	g	0.54	0.084	4	0.12	0.15	
18:3	g	0.26	0.099	4	0.06	0.07	
18:4	g						
20:4	g						
20:5	g	---			---	---	
22:5	g						
22:6	g						
Cholesterol	mg	66	2.136	4	15	19	
Phytosterols	mg					301	
AMINO ACIDS:							
Tryptophan	g	0.160		1	0.037	0.045	
Threonine	g	0.822		1	0.189	0.233	
Isoleucine	g	0.803		1	0.185	0.228	
Leucine	g	1.465		1	0.337	0.415	
Lysine	g	1.600		1	0.368	0.454	
Methionine	g	0.474		1	0.109	0.134	
Cystine	g	0.232		1	0.053	0.066	
Phenylalanine	g	0.734		1	0.169	0.208	
Tyrosine	g	0.593		1	0.136	0.168	
Valine	g	0.901		1	0.207	0.255	
Arginine	g	1.324		1	0.305	0.375	
Histidine	g	0.567		1	0.130	0.161	
Alanine	g	1.295		1	0.298	0.367	
Aspartic acid	g	1.741		1	0.400	0.494	
Glutamic acid	g	2.827		1	0.650	0.801	
Glycine	g	1.456		1	0.335	0.413	
Proline	g	1.067		1	0.245	0.302	
Serine	g	0.800		1	0.184	0.227	

¹ Weight applies to slice, which is 4 in diam., 1/8 in thick; 10 per 8 oz pkg.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	
				1 slice = 38 g ¹		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	53.63	0.262	7	20.38	15.20
Food energy	kcal	304			115	86
	kJ	1,270			483	360
Protein (N X 6.25)	g	15.18	0.118	7	5.77	4.30
Total lipid (fat)	g	25.57	0.641	7	9.72	7.25
Carbohydrate, total	g	2.08			0.79	0.59
Fiber	g					9.41
Ash	g	3.54	0.020	7	1.35	1.00
MINERALS:						
Calcium	mg	8	0.601	6	3	2
Iron	mg	10.83	0.689	6	4.11	3.07
Magnesium	mg	12	0.392	6	4	3
Phosphorus	mg	207	16.237	6	79	59
Potassium	mg	226	11.424	6	86	64
Sodium	mg	1,225	40.617	6	465	347
Zinc	mg	3.70	0.238	6	1.41	1.05
Copper	mg	0.38	0.060	6	0.15	0.11
Manganese	mg	0.200	0.014	6	0.076	0.057
VITAMINS:						
Ascorbic acid	mg	3	1.209	7	1	1
Thiamin	mg	0.212	0.005	6	0.081	0.060
Riboflavin	mg	2.227	0.078	6	0.846	0.631
Niacin	mg	11.768	1.510	6	4.472	3.336
Pantothenic acid	mg	3.54	0.068	5	1.34	1.00
Vitamin B ₆	mg	0.47	0.084	6	0.18	0.13
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	24.55	1.117	6	9.33	6.96
Vitamin A	{RE.	5,252			1,996	1,489
	{IU.	17,490	2,204.836	6	6,646	4,958
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.96			3.40	2.54
4:0	g					40.63
6:0	g					
8:0	g					
10:0	g	0.05	0.016	5	0.02	0.01
12:0	g	0.04	0.014	5	0.01	0.01
14:0	g	0.32	0.029	7	0.12	0.09
16:0	g	5.51	0.101	7	2.09	1.56
18:0	g	3.04	0.151	7	1.15	0.86
Monounsaturated, total . . .	g	12.26			4.66	3.48
16:1	g	0.94	0.048	7	0.36	0.27
18:1	g	11.32	0.292	7	4.30	3.21
20:1	g					51.35
22:1	g					
Polysaturated, total	g	3.42			1.30	0.97
18:2	g	3.09	0.043	7	1.17	0.88
18:3	g	0.33	0.053	7	0.12	0.09
18:4	g					
20:4	g	---			---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	174	21.944	5	66	49
Phytosterols	mg					788
AMINO ACIDS:						
Tryptophan	g	0.206			0.078	0.058
Threonine	g	0.651			0.247	0.185
Isoleucine	g	0.632			0.240	0.179
Leucine	g	1.331			0.506	0.377
Lysine	g	1.178			0.448	0.334
Methionine	g	0.342			0.130	0.097
Cystine	g	0.328			0.125	0.093
Phenylalanine	g	0.717			0.272	0.203
Tyrosine	g	0.466			0.177	0.132
Valine	g	0.806			0.306	0.229
Arginine	g	0.836			0.318	0.237
Histidine	g	0.393			0.149	0.111
Alanine	g	0.930			0.353	0.264
Aspartic acid	g	1.351			0.513	0.383
Glutamic acid	g	1.834			0.697	0.520
Glycine	g	0.935			0.355	0.265
Proline	g	0.717			0.272	0.203
Serine	g	0.690			0.262	0.196

¹ Weight applies to slice packaged 6 per 8 oz pkg.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 slice = 18 g ¹	1 oz = 28.35 g	Refuse: 0	G
A	B	C	D	E	F		
PROXIMATE:							
Water	g	52.08	0.646	7	9.37	14.76	236.23
Food energy	{ kcal	326			59	93	1,480
	{ kJ	1,365			246	387	6,193
Protein (N X 6.25)	g	14.13	0.275	8	2.54	4.01	64.08
Total lipid (fat)	g	28.53	0.448	7	5.14	8.09	129.43
Carbohydrate, total	g	2.23			0.40	0.63	10.12
Fiber	g						
Ash	g	3.06	0.387	5	0.55	0.87	13.86
MINERALS:							
Calcium	mg	26		1	5	7	118
Iron	mg	6.4		1	1.15	1.81	29.03
Magnesium	mg	---			---	---	---
Phosphorus	mg	230		1	41	65	1,043
Potassium	mg	---			---	---	---
Sodium	mg	---			---	---	---
Zinc	mg	---			---	---	---
Copper	mg	---			---	---	---
Manganese	mg	---			---	---	---
VITAMINS:							
Ascorbic acid	mg	---			---	---	---
Thiamin	mg	0.272	0.023	5	0.049	0.077	1,234
Riboflavin	mg	1.030	0.139	5	0.185	0.292	4,672
Niacin	mg	---			---	---	---
Pantothenic acid	mg	2.95	0.174	2	0.53	0.84	13.40
Vitamin B ₆	mg	---			---	---	---
Folacin	mcg	30	3.853	3	5	8	135
Vitamin B ₁₂	mcg	85.60	10.213	1	15.41	24.27	388.28
Vitamin A	{ RE	---			---	---	---
	{ IU	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	10.59			1.91	3.00	48.02
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.43		1	0.08	0.12	1.94
16:0	g	6.85		1	1.23	1.94	31.06
18:0	g	3.31		1	0.60	0.94	15.01
Monounsaturated, total	g	13.33			2.40	3.78	60.44
16:1	g	1.06		1	0.19	0.30	4.79
18:1	g	12.04		1	2.17	3.41	54.62
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.60			0.47	0.74	11.78
18:2	g	2.45		1	0.44	0.70	11.13
18:3	g	0.14		1	0.03	0.04	0.64
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	158	38.000	2	28	45	717
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.153		4	0.028	0.043	0.694
Threonine	g	0.678		4	0.122	0.192	3.075
Isoleucine	g	0.660		4	0.119	0.187	2.994
Leucine	g	1.150		4	0.207	0.326	5.216
Lysine	g	1.166		4	0.210	0.331	5.289
Methionine	g	0.287		4	0.052	0.081	1.302
Cystine	g	0.152		5	0.027	0.043	0.689
Phenylalanine	g	0.624		4	0.112	0.177	2.830
Tyrosine	g	0.366		4	0.066	0.104	1.660
Valine	g	0.866		4	0.156	0.246	3.928
Arginine	g	0.818		4	0.147	0.232	3.710
Histidine	g	0.452		4	0.081	0.128	2.050
Alanine	g	0.836		1	0.150	0.237	3.792
Aspartic acid	g	1.175		1	0.212	0.333	5.330
Glutamic acid	g	2.215		1	0.399	0.628	10.047
Glycine	g	1.108		1	0.199	0.314	5.026
Proline	g	0.859		1	0.155	0.244	3.896
Serine	g	0.701		1	0.126	0.199	3.180

¹ Weight applies to slice, which is 2-1/2 in diam., 1/4 in thick.

LUNCHEON MEAT, Beef, loaved

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	52.53	1.937	3	29.79	14.89	238.29
Food energy	{ kcal	308			175	87	1,399
	kJ	1,290			731	366	5,852
Protein (N X 6.25)	g	14.37	0.636	3	8.15	4.07	65.17
Total lipid (fat)	g	26.20	2.455	3	14.86	7.43	118.84
Carbohydrate, total	g	2.90			1.64	0.82	13.15
Fiber	g	0.00			0.00	0.00	0.00
Ash	g	4.00	0.153	3	2.27	1.13	18.14
MINERALS:							
Calcium	mg	11	0.667	3	6	3	48
Iron	mg	2.32	0.303	3	1.31	0.66	10.51
Magnesium	mg	14	0.577	3	8	4	64
Phosphorus	mg	119	4.484	3	68	34	541
Potassium	mg	208	15.452	3	118	59	942
Sodium	mg	1,329	36.131	3	753	377	6,027
Zinc	mg	2.53	0.066	3	1.44	0.72	11.49
Copper	mg	0.12	0.009	3	0.07	0.03	0.56
Manganese	mg	0.045	0.006	3	0.025	0.013	0.204
VITAMINS:							
Ascorbic acid ²	mg	13	2.000	3	7	4	59
Thiamin	mg	0.110	0.006	3	0.062	0.031	0.499
Riboflavin	mg	0.220	0.021	3	0.125	0.062	0.998
Niacin	mg	3.660	0.318	3	2.075	1.038	16.602
Pantothenic acid	mg	0.52		1	0.29	0.15	2.36
Vitamin B ₆	mg	0.19	0.012	3	0.11	0.05	0.88
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	3.89	0.240	3	2.21	1.10	17.66
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	11.18			6.34	3.17	50.73
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03	0.008	3	0.01	0.01	0.11
12:0	g	0.01	0.003	3	0.01	0.00	0.05
14:0	g	0.75	0.087	3	0.42	0.21	3.39
16:0	g	6.32	0.543	3	3.58	1.79	28.64
18:0	g	4.08	0.308	3	2.32	1.16	18.53
Monounsaturated, total	g	12.25			6.95	3.47	55.56
16:1	g	1.54	0.209	3	0.87	0.44	6.98
18:1	g	10.71	1.067	3	6.07	3.04	48.59
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.87			0.49	0.25	3.92
18:2	g	0.65	0.185	3	0.37	0.18	2.95
18:3	g	0.21	0.063	3	0.12	0.06	0.97
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64	9.387	3	36	18	292
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g		---		---	---	---
Threonine	g		---		---	---	---
Isoleucine	g		---		---	---	---
Leucine	g		---		---	---	---
Lysine	g		---		---	---	---
Methionine	g		---		---	---	---
Cystine	g		---		---	---	---
Phenylalanine	g		---		---	---	---
Tyrosine	g		---		---	---	---
Valine	g		---		---	---	---
Arginine	g		---		---	---	---
Histidine	g		---		---	---	---
Alanine	g		---		---	---	---
Aspartic acid	g		---		---	---	---
Glutamic acid	g		---		---	---	---
Glycine	g		---		---	---	---
Proline	g		---		---	---	---
Serine	g		---		---	---	---

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				5 slices = 21 g	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	70.00	0.346	3	14.70	19.85	
Food energy	{ kcal	123		26	35	317.52	
	kJ	514		108	146	557	
Protein (N X 6.25)	g	21.87	0.185	3	4.59	6.20	
Total lipid (fat)	g	3.13	0.393	3	0.66	0.89	
Carbohydrate, total	g	0.30	0.150	3	0.06	0.09	
Fiber	g	0.00			0.00	1.36	
Ash	g	4.70	0.058	3	0.99	0.00	
					1.33	21.32	
MINERALS:							
Calcium	mg	---					
Iron	mg	2.13	0.121	3	---	---	
Magnesium	mg	19	0.577	3	0.45	0.60	
Phosphorus	mg	168	15.496	3	4	9.66	
Potassium	mg	408	29.208	3	35	86	
Sodium	mg	1,657	64.894	3	86	764	
Zinc	mg	4.00	0.699	3	348	1,851	
Copper	mg	0.09	0.017	3	0.02	0.03	
Manganese	mg	0.038	0.008	3	0.008	0.41	
					0.011	0.172	
VITAMINS:							
Ascorbic acid ¹	mg	14	2.026	3	3	4	
Thiamin	mg	0.080	0.006	3	0.017	0.023	
Riboflavin	mg	0.190	0.023	3	0.040	0.054	
Niacin	mg	5.270	0.341	3	1.107	0.862	
Pantothenic acid	mg	0.59		1	0.12	1.494	
Vitamin B ₆	mg	0.34	0.115	3	0.07	0.17	
Folacin	mcg	---			0.10	2.68	
Vitamin B ₁₂	mcg	2.57	0.436	3	0.54	1.54	
Vitamin A	{ RE				0.73	11.67	
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.30			0.27	0.37	
4:0	g					5.90	
6:0	g						
8:0	g						
10:0	g	0.01	0.005	3	0.00	0.00	
12:0	g	0.01	0.005	3	0.00	0.04	
14:0	g	0.07	0.021	3	0.02	0.04	
16:0	g	0.71	0.069	3	0.15	0.33	
18:0	g	0.50	0.058	3	0.10	3.24	
Monounsaturated, total	g	1.37			0.29	0.14	
16:1	g	0.18	0.037	3	0.04	6.23	
18:1	g	1.19	0.106	3	0.25	0.05	
20:1	g				0.34	0.83	
22:1	g					5.40	
Polyunsaturated, total	g	0.16			0.03	0.04	
18:2	g	0.14	0.037	3	0.03	0.70	
18:3	g	0.02	0.005	3	0.00	0.62	
18:4	g				0.01	0.08	
20:4	g						
20:5	g	---			---	---	
22:5	g						
22:6	g						
Cholesterol	mg	41	5.541	4	9	12	
Phytosterols	mg					186	
AMINO ACIDS:							
Tryptophan	g	0.199			0.042	0.056	
Threonine	g	0.826			0.173	0.234	
Isoleucine	g	0.945			0.198	3.747	
Leucine	g	1.606			0.337	0.268	
Lysine	g	1.676			0.352	0.455	
Methionine	g	0.507			0.475	7.285	
Cysteine	g	0.280			0.106	0.144	
Phenylalanine	g	0.787			0.059	2.300	
Tyrosine	g	0.714			0.165	0.079	
Valine	g	0.962			0.150	1.270	
Arginine	g	1.351			0.202	0.223	
Histidine	g	0.696			0.284	3.570	
Alanine	g	1.575			0.146	0.202	
Aspartic acid	g	2.141			0.331	0.273	
Glutamic acid	g	3.562			0.450	4.364	
Glycine	g	1.826			0.748	0.383	
Proline	g	1.575			0.383	6.128	
Serine	g	0.882			0.331	0.197	
					0.185	3.157	
						7.144	
						9.712	
						16.157	
						8.283	
						7.144	
						4.001	

¹ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

LUNCHEON MEAT, Pork, beef

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹	G
A	B	C	D	E	F	
PROXIMATE:						
Water	g	49.28	0.535	5	27.94	13.97
Food energy	kcal	353		200	100	223.53
Food energy	kJ	1,476		837	419	1,601
Protein (N X 6.25)	g	12.59	0.304	5	7.14	3.57
Total lipid (fat)	g	32.16	0.521	5	18.23	9.12
Carbohydrate, total	g	2.33			1.32	0.66
Fiber	g	0.00			0.00	0.00
Ash	g	3.64	0.075	5	2.06	1.03
MINERALS:						
Calcium	mg	9	0.860	5	5	42
Iron	mg	0.86	0.195	5	0.49	3.91
Magnesium	mg	14	1.613	6	8	61
Phosphorus	mg	86	8.820	5	49	390
Potassium	mg	202	6.116	5	115	916
Sodium	mg	1,293	42.492	5	733	5,867
Zinc	mg	1.66	0.140	5	0.94	7.53
Copper	mg	0.04	0.011	5	0.02	0.17
Manganese	mg	0.029	0.005	4	0.016	0.132
VITAMINS:						
Ascorbic acid ²	mg	13	3.153	5	7	58
Thiamin	mg	0.314	0.022	5	0.178	0.089
Riboflavin	mg	0.152	0.006	5	0.086	0.043
Niacin	mg	2.830	0.159	5	1.605	0.802
Pantothenic acid	mg	0.63	0.050	3	0.36	0.18
Vitamin B ₆	mg	0.20	0.012	5	0.12	0.06
Folacin	mcg	6	1.400		3	2
Vitamin B ₁₂	mcg	1.28	0.163	4	0.73	0.36
Vitamin A	(RE)					5.82
	(IU)					
LIPIDS:						
Fatty acids:						
Saturated, total	g	11.59			6.57	3.29
4:0	g					52.58
6:0	g					
8:0	g					
10:0	g	0.08	0.052	2	0.05	0.02
12:0	g	0.05	0.023	2	0.03	0.01
14:0	g	0.48	0.027	5	0.27	0.14
16:0	g	7.09	0.215	5	4.02	2.01
18:0	g	3.89	0.165	5	2.20	1.10
Monounsaturated, total	g	15.09			8.56	4.28
16:1	g	1.35	0.075	5	0.76	0.38
18:1	g	13.74	0.273	5	7.79	3.90
20:1	g					62.33
22:1	g					
Polyunsaturated, total	g	3.74			2.12	1.06
18:2	g	3.16	0.106	5	1.79	0.89
18:3	g	0.58	0.100	5	0.33	0.16
18:4	g					
20:4	g		---		---	---
20:5	g		---		---	---
22:5	g		---		---	---
22:6	g		---		---	---
Cholesterol	mg	55	10.975	3	31	15
Phytosterols	mg					248
AMINO ACIDS:						
Tryptophan	g	0.133		1	0.075	0.038
Threonine	g	0.544		1	0.308	0.154
Isoleucine	g	0.643		1	0.365	0.182
Leucine	g	1.048		1	0.594	0.297
Lysine	g	1.185		2	0.672	0.336
Methionine	g	0.288		2	0.163	0.082
Cystine	g	0.230		1	0.130	0.065
Phenylalanine	g	0.510		1	0.289	0.145
Tyrosine	g	0.502		1	0.285	0.142
Valine	g	0.713		1	0.404	0.202
Arginine	g	0.925		1	0.524	0.262
Histidine	g	0.405		1	0.230	0.115
Alanine ³	g	0.806			0.457	0.229
Aspartic acid	g	1.312		1	0.744	0.372
Glutamic acid	g	1.769		1	1.003	0.502
Glycine	g	0.985		1	0.558	0.279
Proline	g	0.729		1	0.413	0.207
Serine	g	0.528		1	0.299	0.150

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.³ Imputed values.

LUNCHEON MEAT, Pork, canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 slice = 21 g ¹	1 oz = 28.35 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	51.55	0.442	8	10.83	14.61
Food energy	{ kcal	334		70	95	233.83
Food energy	{ kJ	1,399		294	397	1,517
Protein (N X 6.25)	g	12.48	0.179	8	2.62	3.54
Total lipid (fat)	g	30.28	0.451	8	6.36	8.58
Carbohydrate, total	g	2.06			0.43	0.58
Fiber	g	0.00			0.00	0.00
Ash	g	3.64	0.033	8	0.76	1.03
MINERALS:						
Calcium	mg	6	0.000	2	1	27
Iron	mg	0.72	0.077	8	0.15	3.27
Magnesium	mg	10	0.463	8	2	45
Phosphorus	mg	82	5.835	8	17	373
Potassium	mg	215	8.026	8	45	976
Sodium	mg	1,289	8.677	8	271	5,847
Zinc	mg	1.48	0.053	8	0.31	6.69
Copper	mg	0.04	0.008	8	0.01	0.17
Manganese	mg	0.024		1	0.005	0.109
VITAMINS:						
Ascorbic acid	mg	1	0.567	8	0	0
Thiamin	mg	0.367	0.031	8	0.077	1.665
Riboflavin	mg	0.194	0.023	8	0.041	0.880
Niacin	mg	3.126	0.236	8	0.656	14.180
Pantothenic acid	mg	0.47	0.089	3	0.10	2.15
Vitamin B ₆	mg	0.21	0.016	8	0.04	0.06
Folacin	mcg	6			1	2
Vitamin B ₁₂	mcg	0.90	0.039	8	0.19	0.25
Vitamin A	{ RE					5
	{ IU					1.665
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.79			2.27	3.06
4:0	g					48.96
6:0	g					
8:0	g					
10:0	g	0.08	0.017	5	0.02	0.35
12:0	g	0.06	0.011	5	0.01	0.29
14:0	g	0.37	0.017	8	0.08	1.66
16:0	g	6.69	0.093	8	1.41	30.36
18:0	g	3.60	0.066	8	0.75	16.31
Monounsaturated, total	g	14.30			3.00	4.05
16:1	g	1.14	0.067	8	0.24	5.15
18:1	g	13.17	0.279	8	2.77	59.73
20:1	g					
22:1	g					
Polyunsaturated, total	g	3.55			0.75	1.01
18:2	g	3.09	0.106	8	0.65	13.99
18:3	g	0.47	0.057	8	0.10	2.12
18:4	g					
20:4	g	---			---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	62	7.847	7	13	18
Phytosterols	mg					283
AMINO ACIDS:						
Tryptophan	g	0.124		1	0.026	0.035
Threonine	g	0.493		3	0.104	0.140
Isoleucine	g	0.577		3	0.121	0.164
Leucine	g	0.965		3	0.203	0.274
Lysine	g	0.943		3	0.198	0.267
Methionine	g	0.338		10	0.071	0.096
Cystine	g	0.215		1	0.045	0.061
Phenylalanine	g	0.497		3	0.104	0.141
Tyrosine	g	0.388		3	0.081	0.110
Valine	g	0.661		3	0.139	0.187
Arginine	g	0.877		3	0.184	0.249
Histidine	g	0.362		3	0.076	0.103
Alanine	g	0.887		3	0.186	0.251
Aspartic acid	g	1.162		3	0.244	0.329
Glutamic acid	g	1.859		3	0.390	0.527
Glycine	g	1.092		3	0.229	0.310
Proline	g	0.687		3	0.144	0.195
Serine	g	0.503		2	0.106	0.143

¹ Weight applies to slice, which is 4-1/4 by 4-1/4 by 1/16 in.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 slice = 23 g ¹	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	58.62	0.870	6	13.48	16.62	
Food energy	{ kcal	260			60	74	
	kJ	1,089			251	309	
Protein (N X 6.25)	g	15.38	0.490	6	3.54	4.36	
Total lipid (fat)	g	20.90	0.625	6	4.81	5.93	
Carbohydrate, total	g	1.58			0.36	0.45	
Fiber	g	0.00			0.00	0.00	
Ash	g	3.52	0.105	6	0.81	1.00	
MINERALS:							
Calcium	mg	13	1.088	6	3	4	
Iron	mg	1.43	0.048	6	0.33	0.40	
Magnesium	mg	14	0.543	6	3	4	
Phosphorus	mg	122	7.342	6	28	34	
Potassium	mg	245	9.888	6	56	70	
Sodium	mg	1,182	32.498	6	272	335	
Zinc	mg	2.45	0.152	6	0.56	0.69	
Copper	mg	0.08	0.011	6	0.02	0.02	
Manganese	mg	0.042	0.005	4	0.010	0.012	
VITAMINS:							
Ascorbic acid. ²	mg	19	3.022	6	4	5	
Thiamin	mg	0.217	0.004	6	0.050	0.062	
Riboflavin	mg	0.195	0.009	6	0.045	0.055	
Niacin	mg	3.527	0.202	6	0.811	1.000	
Pantothenic acid.	mg	0.37	0.160	2	0.09	0.10	
Vitamin B ₆	mg	0.20	0.018	6	0.05	0.06	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	1.96	0.153	6	0.45	0.56	
Vitamin A	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	7.62			1.75	2.16	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02	0.007	6	0.01	0.01	
12:0	g	0.02	0.003	6	0.00	0.00	
14:0	g	0.30	0.009	6	0.07	0.09	
16:0	g	4.63	0.151	6	1.07	1.31	
18:0	g	2.55	0.076	6	0.61	0.75	
Monounsaturated, total	g	9.93			2.28	2.82	
16:1	g	0.83	0.018	6	0.19	0.23	
18:1	g	9.11	0.311	6	2.09	2.58	
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.05			0.47	0.58	
18:2	g	1.77	0.067	6	0.41	0.50	
18:3	g	0.28	0.032	6	0.06	0.08	
18:4	g						
20:4	g				---	---	
20:5	g				---	---	
22:5	g				---	---	
22:6	g				---	---	
Cholesterol	mg	64	3.565	6	15	18	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.162			0.037	0.046	
Threonine	g	0.664			0.153	0.188	
Isoleucine	g	0.785			0.181	0.223	
Leucine	g	1.280			0.294	0.363	
Lysine	g	1.447			0.333	0.410	
Methionine	g	0.352			0.081	0.100	
Cystine	g	0.281			0.065	0.080	
Phenylalanine	g	0.623			0.143	0.177	
Tyrosine	g	0.613			0.141	0.174	
Valine	g	0.871			0.200	0.247	
Arginine	g	1.130			0.260	0.320	
Histidine	g	0.495			0.114	0.140	
Alanine	g	0.984			0.226	0.279	
Aspartic acid	g	1.602			0.368	0.454	
Glutamic acid	g	2.161			0.497	0.613	
Glycine	g	1.203			0.277	0.341	
Proline	g	0.891			0.205	0.253	
Serine	g	0.645			0.148	0.183	

¹ Weight applies to slice which is 4 in diam., 1/8 in thick; 10 per 8 oz pkg.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	68.25	0.225	4	38.70	19.35	
Food energy	{ kcal	142			80	40	
Food energy	{ kJ	591			335	167	
Protein (N X 6.25)	g	18.38	0.232	4	10.42	5.21	
Total lipid (fat)	g	4.85	0.309	4	2.75	1.37	
Carbohydrate, total	g	4.90			2.78	1.39	
Fiber	g						
Ash	g	3.63	0.170	4	2.06	1.03	
MINERALS:							
Calcium	mg	36	5.977	4	21	10	
Iron	mg	1.05	0.191	4	0.59	0.30	
Magnesium	mg	20	0.707	4	11	6	
Phosphorus	mg	185	12.662	4	105	52	
Potassium	mg	377	18.085	4	213	107	
Sodium	mg	1,225	95.799	4	694	347	
Zinc	mg	3.05	0.064	4	1.73	0.86	
Copper	mg	0.10	0.007	4	0.06	0.03	
Manganese	mg	0.041	0.005	4	0.023	0.012	
VITAMINS:							
Ascorbic acid ²	mg	21	0.854	4	12	6	
Thiamin	mg	0.707	0.039	4	0.401	0.200	
Riboflavin	mg	0.297	0.024	4	0.168	0.084	
Niacin	mg	3.482	0.315	4	1.974	0.987	
Pantothenic acid	mg	0.52	0.115	2	0.29	0.15	
Vitamin B ₆	mg	0.31	0.027	4	0.18	0.09	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	1.37	0.245	4	0.78	0.39	
Vitamin A	{ RE						
Vitamin A	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.58			0.89	0.45	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02	0.003	4	0.01	0.01	
12:0	g	0.01	0.002	4	0.00	0.00	
14:0	g	0.06	0.011	4	0.03	0.02	
16:0	g	0.97	0.073	4	0.55	0.28	
18:0	g	0.52	0.040	4	0.29	0.15	
Monounsaturated, total	g	2.33			1.32	0.66	
16:1	g	0.18	0.017	4	0.10	0.05	
18:1	g	2.15	0.144	4	1.22	0.61	
20:1	g						
22:1	g						
Polysaturated, total	g	0.51			0.29	0.14	
18:2	g	0.46	0.053	4	0.26	0.13	
18:3	g	0.05	0.009	4	0.03	0.01	
18:4	g						
20:4	g		---		---	---	
20:5	g		---		---	---	
22:5	g						
22:6	g						
Cholesterol	mg	36	4.589	4	20	10	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.214		1	0.121	0.061	
Threonine	g	0.879		1	0.498	0.249	
Isoleucine	g	0.814		1	0.462	0.231	
Leucine	g	1.517		1	0.860	0.430	
Lysine	g	1.652		1	0.937	0.468	
Methionine	g	0.468		1	0.265	0.133	
Cystine	g	0.153		1	0.087	0.043	
Phenylalanine	g	0.718		1	0.407	0.204	
Tyrosine	g	0.644		1	0.365	0.183	
Valine	g	0.894		1	0.507	0.253	
Arginine	g	1.171		1	0.664	0.332	
Histidine	g	0.655		1	0.371	0.186	
Alanine	g	1.073		1	0.608	0.304	
Aspartic acid	g	1.740		1	0.987	0.493	
Glutamic acid	g	2.940		1	1.667	0.833	
Glycine	g	0.929		1	0.527	0.263	
Proline	g	0.911		1	0.517	0.258	
Serine	g	0.826		1	0.468	0.234	

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

MORTADELLA, Beef, pork

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 slice = 15 g ¹	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	52.30	0.710	14	7.85 47	14.83 88	
Food energy	{ kcal	311			195	237.24 1,409	
	kj	1,300				5,897	
Protein (N X 6.25)	g	16.37	0.937	14	2.46	4.64 74.26	
Total lipid (fat)	g	25.39	1.139	14	3.81	7.20 115.16	
Carbohydrate, total	g	3.05			0.46	0.87 13.84	
Fiber	g				0.43	0.82	
Ash	g	2.89	0.156	12		13.10	
MINERALS:							
Calcium	mg	18	1.828	5	3	5 81	
Iron	mg	1.40	0.079	5	0.21	0.40 6.37	
Magnesium	mg	11	0.246	5	2	3 52	
Phosphorus	mg	97	2.237	5	15	27 440	
Potassium	mg	163	17.175	4	24	46 739	
Sodium	mg	1,246	65.485	4	187	353 5,653	
Zinc	mg	2.10	0.090	4	0.32	0.60 9.53	
Copper	mg	0.06	0.010	4	0.01	0.02 0.26	
Manganese	mg	0.030		1	0.004	0.008 0.136	
VITAMINS:							
Ascorbic acid. ²	mg	26	2.415	4	4	7 118	
Thiamin	mg	0.119	0.004	27	0.018	0.034 0.540	
Riboflavin	mg	0.153	0.006	27	0.023	0.043 0.694	
Niacin	mg	2.673	0.185	6	0.401	0.758 12.125	
Pantothenic acid.	mg	--			--	-- --	
Vitamin B6	mg	0.12	0.030	4	0.019	0.035 0.567	
Folacin	mcg	--			--	-- --	
Vitamin B12	mcg	1.48	0.065	4	0.22	0.42 6.71	
Vitamin A	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	9.51			1.43	2.70	
4:0	g					43.15	
6:0	g						
8:0	g						
10:0	g	0.12	0.032	4	0.02	0.03 0.53	
12:0	g	0.07	0.024	4	0.01	0.02 0.32	
14:0	g	0.51	0.045	4	0.08	0.15 2.33	
16:0	g	5.43	0.437	4	0.81	1.54 24.63	
18:0	g	3.22	0.204	4	0.48	0.91 14.63	
Monounsaturated, total	g	11.38			1.71	3.23	
16:1	g	1.14	0.064	4	0.17	0.32	
18:1	g	10.24	0.768	4	1.54	2.90	
20:1	g					5.16	
22:1	g					46.47	
Polyunsaturated, total	g	3.12	0.165	4	0.47	0.89	
18:2	g	2.91	0.031	4	0.44	0.82	
18:3	g	0.22			0.03	0.06 0.99	
18:4	g					--	
20:4	g	--			--	--	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	56	2.055	4	8	16	
Phytosterols	mg					253	
AMINO ACIDS:							
Tryptophan	g	0.152			0.023	0.043 0.689	
Threonine	g	0.633			0.095	0.179 2.871	
Isoleucine	g	0.708			0.106	0.201 3.211	
Leucine	g	1.213			0.182	0.344 5.502	
Lysine	g	1.262			0.189	0.358 5.724	
Methionine	g	0.394			0.059	0.112 1.787	
Cystine	g	0.204			0.031	0.058 0.925	
Phenylalanine	g	0.598			0.090	0.170 2.713	
Tyrosine	g	0.530			0.080	0.150 2.404	
Valine	g	0.735			0.110	0.208 3.334	
Arginine	g	1.025			0.154	0.291 4.649	
Histidine	g	0.520			0.078	0.147 2.359	
Alanine	g	1.149			0.172	0.326 5.212	
Aspartic acid	g	1.580			0.237	0.448 7.167	
Glutamic acid	g	2.619			0.393	0.742 11.880	
Glycine	g	1.318			0.198	0.374 5.978	
Proline	g	1.099			0.165	0.312 4.985	
Serine	g	0.664			0.100	0.188 3.012	

¹ Weight applies to slice packaged 15 per 8 oz pkg.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 slice = 21 g ¹	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	54.90	0.264	3	11.53	15.56
Food energy	{ kcal	282			59	80
	kJ	1,179			248	334
Protein (N X 6.25)	g	12.07	0.033	3	2.53	3.42
Total lipid (fat)	g	22.30	0.493	3	4.68	6.32
Carbohydrate, total	g	7.53			1.58	2.14
Fiber	g					
Ash	g	3.20	0.000	3	0.67	0.91
MINERALS:						
Calcium	mg	43	1.453	3	9	12
Iron	mg	1.32	0.171	3	0.28	0.38
Magnesium	mg	16	0.333	3	3	4
Phosphorus	mg	129	0.577	3	27	37
Potassium	mg	225	7.506	3	47	64
Sodium	mg	1,127	68.286	3	237	320
Zinc	mg	1.43	0.145	3	0.30	0.41
Copper	mg	0.09	0.010	3	0.02	0.03
Manganese	mg	0.066	0.009	3	0.014	0.019
VITAMINS:						
Ascorbic acid	mg	1	0.000	3	0	0
Thiamin	mg	0.550	0.096		0.116	0.156
Riboflavin	mg	0.170	0.012	3	0.036	0.048
Niacin	mg	3.123	0.039	3	0.656	0.885
Pantothenic acid	mg	0.47	0.065	2	0.10	0.13
Vitamin B ₆	mg	0.18	0.023	3	0.04	0.05
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	1.05	0.141	3	0.22	0.30
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.95			1.67	2.25
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.03	0.011	3	0.01	0.01
12:0	g	0.01	0.003	3	0.00	0.00
14:0	g	0.26	0.008	3	0.05	0.07
16:0	g	4.97	0.133	3	1.04	1.41
18:0	g	2.69	0.156	3	0.56	0.76
Monounsaturated, total	g	10.34			2.17	2.93
16:1	g	0.67	0.012	3	0.14	0.19
18:1	g	9.68	0.195	3	2.03	2.74
20:1	g					
22:1	g					
Polyunsaturated, total	g	2.58			0.54	0.73
18:2	g	2.32	0.031	3	0.49	0.66
18:3	g	0.26	0.003	3	0.05	0.07
18:4	g					
20:4	g	---			---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	45	2.333	3	9	13
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g		---		---	---
Threonine	g		---		---	---
Isoleucine	g		---		---	---
Leucine	g		---		---	---
Lysine	g		---		---	---
Methionine	g		---		---	---
Cystine	g		---		---	---
Phenylalanine	g		---		---	---
Tyrosine	g		---		---	---
Valline	g		---		---	---
Arginine	g		---		---	---
Histidine	g		---		---	---
Alanine	g		---		---	---
Aspartic acid	g		---		---	---
Glutamic acid	g		---		---	---
Glycine	g		---		---	---
Proline	g		---		---	---
Serine	g		---		---	---

¹ Weight applies to slice, which is 4-1/4 by 4-1/4 by 1/16 in.

NEW ENGLAND BRAND SAUSAGE, Pork, beef

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 slice = 23 g ¹	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	66.77	0.567	38	15.36 37	18.93 46	302.86 730
Food energy	kcal	161			155	191	3,052
Protein (N X 6.25)	g	673	0.284	38	3.97	4.89	78.32
Total lipid (fat)	g	17.27	0.122	6	1.74	2.15	34.40
Carbohydrate, total	g	7.58			1.11	1.37	21.92
Fiber	g	4.83			0.00	0.00	0.00
Ash	g	0.00			0.00	0.00	0.00
		3.55	0.129	6	0.82	1.01	16.10
MINERALS:							
Calcium	mg	7	0.333	6	2	2	33
Iron	mg	0.94	0.064	6	0.22	0.27	4.28
Magnesium	mg	16	0.654	6	4	4	72
Phosphorus	mg	136	12.213	6	31	39	618
Potassium	mg	321	10.124	6	74	91	1,457
Sodium	mg	1,220	84.892	6	281	346	5,534
Zinc	mg	2.70	0.195	6	0.62	0.77	12.25
Copper	mg	0.10	0.020	6	0.02	0.03	0.44
Manganese	mg	0.036	0.006	5	0.008	0.010	0.163
VITAMINS:							
Ascorbic acid ²	mg	21	1.183	6	5	6	95
Thiamin	mg	0.640	0.023	6	0.147	0.181	2.903
Riboflavin	mg	0.248	0.005	6	0.057	0.070	1.125
Niacin	mg	3.478	0.278	6	0.800	0.986	15.776
Pantothenic acid	mg	0.68	0.210	2	0.16	0.19	3.08
Vitamin B ₆	mg	0.36	0.095	6	0.08	0.10	1.61
Folacin	mcg	7	1.856	3	2	2	31
Vitamin B ₁₂	mcg	1.34	0.107	6	0.31	0.38	6.06
Vitamin A	{RE. IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.56			0.59	0.72	11.60
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01	0.003	6	0.00	0.00	0.04
12:0	g	0.01	0.002	6	0.00	0.00	0.02
14:0	g	0.10	0.006	6	0.02	0.03	0.46
16:0	g	1.62	0.029	6	0.37	0.46	7.33
18:0	g	0.83	0.015	6	0.19	0.23	3.75
Monounsaturated, total	g	3.64			0.84	1.03	16.49
16:1	g	0.30	0.012	6	0.07	0.09	1.37
18:1	g	3.33	0.060	6	0.77	0.94	15.11
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.72			0.17	0.20	3.27
18:2	g	0.64	0.033	6	0.15	0.18	2.88
18:3	g	0.09	0.014	6	0.02	0.02	0.39
18:4	g						
20:4	g		---		---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	49	4.152	5	11	14	221
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.193			0.044	0.055	0.875
Threonine	g	0.757			0.174	0.215	3.434
Isoleucine	g	0.761			0.175	0.216	3.452
Leucine	g	1.363			0.313	0.386	6.183
Lysine	g	1.511			0.348	0.428	6.854
Methionine	g	0.446			0.103	0.126	2.023
Cystine	g	0.246			0.057	0.070	1.116
Phenylalanine	g	0.684			0.157	0.194	3.103
Tyrosine	g	0.533			0.123	0.151	2.418
Valine	g	0.803			0.185	0.228	3.642
Arginine	g	1.201			0.276	0.340	5.448
Histidine	g	0.652			0.150	0.185	2.957
Alanine	g	1.039			0.239	0.295	4.713
Aspartic acid	g	1.639			0.377	0.465	7.435
Glutamic acid	g	2.585			0.595	0.733	11.726
Glycine	g	0.946			0.218	0.268	4.291
Proline	g	0.761			0.175	0.216	3.452
Serine	g	0.686			0.158	0.194	3.112

¹ Weight applies to slice, which is 4 in diam., 1/8 in thick; 10 per 8 oz pkg.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	58.18	0.694	4	32.99	16.49	263.88
Food energy	{ kcal	235			133	67	1,065
	{ kJ	983			557	279	4,457
Protein (N X 6.25)	g	11.84	0.084	4	6.71	3.36	53.69
Total lipid (fat)	g	16.50	0.503	4	9.36	4.68	74.84
Carbohydrate, total	g	9.16			5.20	2.60	41.56
Fiber	g						
Ash	g	4.33	0.075	4	2.45	1.23	19.62
MINERALS:							
Calcium	mg	109	9.232	4	62	31	496
Iron	mg	0.54	0.177	4	0.31	0.15	2.46
Magnesium	mg	19	1.000	4	11	5	86
Phosphorus	mg	127	7.487	4	72	36	577
Potassium	mg	297	10.086	4	169	84	1,348
Sodium	mg	1,484	68.005	4	842	421	6,733
Zinc	mg	1.38	0.025	4	0.78	0.39	6.24
Copper	mg	0.05	0.014	4	0.03	0.01	0.23
Manganese	mg	0.035	0.007	3	0.020	0.010	0.159
VITAMINS:							
Ascorbic acid ²	mg	9	2.015	4	5	2	40
Thiamin	mg	0.295	0.012	4	0.167	0.084	1.338
Riboflavin	mg	0.260	0.014	4	0.147	0.074	1.179
Niacin	mg	1.835	0.096	4	1.040	0.520	8.324
Pantothenic acid	mg	0.77	0.090	2	0.44	0.22	3.49
Vitamin B ₆	mg	0.23	0.058	4	0.13	0.07	1.04
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	1.26	0.155	4	0.71	0.36	5.69
Vitamin A	{ RE	---			---	---	---
	{ IU	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.85			3.31	1.66	26.51
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01	0.009	4	0.01	0.00	0.04
12:0	g	0.01	0.004	4	0.01	0.00	0.04
14:0	g	0.27	0.047	4	0.15	0.08	1.21
16:0	g	3.54	0.109	4	2.01	1.00	16.06
18:0	g	2.02	0.109	4	1.15	0.57	9.17
Monounsaturated, total	g	7.87			4.46	2.23	35.68
16:1	g	0.66	0.085	4	0.37	0.19	2.97
18:1	g	7.21	0.346	4	4.09	2.04	32.71
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.94			1.10	0.55	8.78
18:2	g	1.82	0.094	4	1.03	0.52	8.26
18:3	g	0.11	0.038	4	0.06	0.03	0.52
18:4	g				---	---	---
20:4	g				---	---	---
20:5	g				---	---	---
22:5	g				---	---	---
22:6	g				---	---	---
Cholesterol	mg	38	4.177	3	22	11	174
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.104		1	0.059	0.029	0.472
Threonine	g	0.472		1	0.268	0.134	2.141
Isoleucine	g	0.420		1	0.238	0.119	1.905
Leucine	g	0.869		1	0.493	0.246	3.942
Lysine	g	0.809		1	0.459	0.229	3.670
Methionine	g	0.301		1	0.171	0.085	1.365
Cystine	g	0.144		1	0.082	0.041	0.653
Phenylalanine	g	0.419		1	0.238	0.119	1.901
Tyrosine	g	0.383		1	0.217	0.109	1.737
Valine	g	0.508		1	0.288	0.144	2.304
Arginine	g	0.583		1	0.331	0.165	2.644
Histidine	g	0.292		1	0.166	0.083	1.325
Alanine	g	0.617		1	0.350	0.175	2.799
Aspartic acid	g	0.951		1	0.539	0.270	4.314
Glutamic acid	g	1.919		1	1.088	0.544	8.705
Glycine	g	0.680		1	0.386	0.193	3.084
Proline	g	0.830		1	0.471	0.235	3.765
Serine	g	0.517		1	0.293	0.147	2.345

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

PASTRAMI, Turkey

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				2 slices = 56.7 g	1 pkg, net wt, 8 oz = 227 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	70.64	1.807	4	40.05	160.36	320.43
	{ kcal	141			80	320	639
Food energy	{ kJ	589			334	1,338	2,673
Protein (N × 6.25)	g	18.36	0.491	6	10.41	41.68	83.29
Total lipid (fat)	g	6.21	0.608	6	3.52	14.10	28.17
Carbohydrate, total	g	1.66			0.94	3.77	7.53
Fiber	g						
Ash	g	3.13	0.347	4	1.77	7.09	14.18
MINERALS:							
Calcium	mg	9	1.153	4	5	20	40
Iron	mg	1.66	0.385	4	0.94	3.77	7.54
Magnesium	mg	14		1	8	32	64
Phosphorus	mg	200		1	113	454	907
Potassium	mg	260	60.500	2	147	589	1,177
Sodium	mg	1,045	296.500	4	593	2,372	4,740
Zinc	mg	2.16		1	1.22	4.90	9.80
Copper	mg	0.05		1	0.03	0.12	0.24
Manganese	mg	---			---	---	---
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.055	0.005	2	0.031	0.125	0.249
Riboflavin	mg	0.250	0.020	2	0.142	0.568	1.134
Niacin	mg	3.527			2.000	8.006	15.998
Pantothenic acid	mg	---			---	---	---
Vitamin B6	mg	---			---	---	---
Folacin	mcg	---			---	---	---
Vitamin B12	mcg	---			---	---	---
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.81			1.03	4.11	8.21
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.01			0.00	0.02	0.04
14:0	g	0.04			0.02	0.10	0.20
16:0	g	1.11			0.63	2.51	5.02
18:0	g	0.45			0.25	1.01	2.02
Monounsaturated, total	g	2.05			1.16	4.64	9.28
16:1	g	0.34			0.19	0.76	1.52
18:1	g	1.66			0.94	3.77	7.53
20:1	g	0.01			0.01	0.02	0.05
22:1	g	0.01			0.00	0.02	0.04
Polyunsaturated, total	g	1.59			0.90	3.60	7.19
18:2	g	1.32			0.75	2.99	5.98
18:3	g	0.07			0.04	0.17	0.33
18:4	g						
20:4	g	0.12			0.07	0.28	0.56
20:5	g						
22:5	g	0.02			0.01	0.04	0.08
22:6	g	0.02			0.01	0.05	0.11
Cholesterol	mg	---			---	---	---
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.203			0.115	0.461	0.921
Threonine	g	0.798			0.452	1.811	3.620
Isoleucine	g	0.918			0.521	2.084	4.164
Leucine	g	1.421			0.806	3.226	6.446
Lysine	g	1.662			0.942	3.773	7.539
Methionine	g	0.512			0.290	1.162	2.322
Cystine	g	0.206			0.117	0.468	0.934
Phenylalanine	g	0.715			0.405	1.623	3.243
Tyrosine	g	0.694			0.393	1.575	3.148
Valine	g	0.952			0.540	2.161	4.318
Arginine	g	1.290			0.731	2.928	5.851
Histidine	g	0.549			0.311	1.246	2.490
Alanine	g	1.166			0.661	2.647	5.289
Aspartic acid	g	1.761			0.998	3.997	7.988
Glutamic acid	g	2.920			1.656	6.628	13.245
Glycine	g	1.103			0.625	2.504	5.003
Proline	g	0.850			0.482	1.930	3.856
Serine	g	0.806			0.457	1.830	3.656

PÂTÉ, CHICKEN LIVER, Canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 tbsp = 13 g	1 oz = 28.35 g	
	A	B	C	D	E	G
PROXIMATE:						
Water	g	---				---
Food energy	{ kcal	201		26	57	912
		841		109	238	3,814
Protein (N X 6.25)	g	13.45	0.093	5	1.75	61.01
Total lipid (fat)	g	13.10	0.154	5	1.70	59.44
Carbohydrate, total	g	6.55	0.200	5	0.85	29.72
Fiber	g	---		---	---	---
Ash	g	---		---	---	---
MINERALS:						
Calcium	mg	10	0.462	5	1	47
Iron	mg	9.19	0.158	5	1.19	41.67
Magnesium	mg	---		---	---	---
Phosphorus	mg	---		---	---	---
Potassium	mg	---		---	---	---
Sodium	mg	---		---	---	---
Zinc	mg	---		---	---	---
Copper	mg	---		---	---	---
Manganese	mg	---		---	---	---
VITAMINS:						
Ascorbic acid	mg	10	0.481	5	1	44
Thiamin	mg	0.052	0.003	5	0.007	0.236
Riboflavin	mg	1.401	0.032	5	0.182	6.355
Niacin	mg	7.517	0.065	5	0.977	34.097
Pantothenic acid	mg	---		---	---	---
Vitamin B ₆	mg	---		---	---	---
Folacin	mcg	---		---	---	---
Vitamin B ₁₂	mcg	---		---	---	---
Vitamin A	{ RE	724	34.698	5	94	205
	IU					3,285
LIPIDS:						
Fatty acids:						
Saturated, total	g	---		---	---	---
4:0	g	---		---	---	---
6:0	g	---		---	---	---
8:0	g	---		---	---	---
10:0	g	---		---	---	---
12:0	g	---		---	---	---
14:0	g	---		---	---	---
16:0	g	---		---	---	---
18:0	g	---		---	---	---
Monounsaturated, total	g	---		---	---	---
16:1	g	---		---	---	---
18:1	g	---		---	---	---
20:1	g	---		---	---	---
22:1	g	---		---	---	---
Polyunsaturated, total	g	---		---	---	---
18:2	g	---		---	---	---
18:3	g	---		---	---	---
18:4	g	---		---	---	---
20:4	g	---		---	---	---
20:5	g	---		---	---	---
22:5	g	---		---	---	---
22:6	g	---		---	---	---
Cholesterol	mg	---		---	---	---
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g	---		---	---	---
Threonine	g	---		---	---	---
Isoleucine	g	---		---	---	---
Leucine	g	---		---	---	---
Lysine	g	---		---	---	---
Methionine	g	---		---	---	---
Cystine	g	---		---	---	---
Phenylalanine	g	---		---	---	---
Tyrosine	g	---		---	---	---
Valine	g	---		---	---	---
Arginine	g	---		---	---	---
Histidine	g	---		---	---	---
Alanine	g	---		---	---	---
Aspartic acid	g	---		---	---	---
Glutamic acid	g	---		---	---	---
Glycine	g	---		---	---	---
Proline	g	---		---	---	---
Serine	g	---		---	---	---

PÂTÉ, GOOSE LIVER, Smoked, canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 tbsp = 13 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	37.04	2.599	15	4.82	10.50
Food energy	{ kcal	462			60	131
		1,934			251	548
Protein (N X 6.25)	g	11.40	0.778	15	1.48	3.23
Total lipid (fat)	g	43.84	2.666	14	5.70	12.43
Carbohydrate, total	g	4.67			0.61	1.32
Fiber	g	0.00			0.00	0.00
Ash	g	3.05	0.258	15	0.40	0.86
MINERALS:						
Calcium	mg	---			---	---
Iron	mg	---			---	---
Magnesium	mg	---			---	---
Phosphorus	mg	---			---	---
Potassium	mg	---			---	---
Sodium	mg	---			---	---
Zinc	mg	---			---	---
Copper	mg	---			---	---
Manganese	mg	---			---	---
VITAMINS:						
Ascorbic acid	mg	---			---	---
Thiamin	mg	0.088	0.007	5	0.011	0.025
Riboflavin	mg	0.299	0.005	5	0.039	0.085
Niacin	mg	2.510	0.056	5	0.326	0.712
Pantothenic acid	mg	---			---	---
Vitamin B ₆	mg	---			---	---
Folacin	mcg	9.40	0.110	2	1.22	2.66
Vitamin B ₁₂	mcg	---			---	---
Vitamin A	{ RE	---			---	---
	{ IU	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	---			---	---
4:0	g	---			---	---
6:0	g	---			---	---
8:0	g	---			---	---
10:0	g	---			---	---
12:0	g	---			---	---
14:0	g	---			---	---
16:0	g	---			---	---
18:0	g	---			---	---
Monounsaturated, total	g	---			---	---
16:1	g	---			---	---
18:1	g	---			---	---
20:1	g	---			---	---
22:1	g	---			---	---
Polyunsaturated, total	g	---			---	---
18:2	g	---			---	---
18:3	g	---			---	---
18:4	g	---			---	---
20:4	g	---			---	---
20:5	g	---			---	---
22:5	g	---			---	---
22:6	g	---			---	---
Cholesterol	mg	150		1	20	43
Phytosterols	mg					680
AMINO ACIDS:						
Tryptophan	g	---			---	---
Threonine	g	---			---	---
Isoleucine	g	---			---	---
Leucine	g	---			---	---
Lysine	g	---			---	---
Methionine	g	---			---	---
Cystine	g	---			---	---
Phenylalanine	g	---			---	---
Tyrosine	g	---			---	---
Valine	g	---			---	---
Arginine	g	---			---	---
Histidine	g	---			---	---
Alanine	g	---			---	---
Aspartic acid	g	---			---	---
Glutamic acid	g	---			---	---
Glycine	g	---			---	---
Proline	g	---			---	---
Serine	g	---			---	---

PÂTÉ, LIVER, Not specified, canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 tbsp = 13 g	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	53.90	0.885	10	7.01	15.28	
Food energy	kcal	319		41	90	244.49	
	kJ	1,335		174	378	1,447	
Protein (N X 6.25)	g	14.20	0.348	10	1.85	4.03	
Total lipid (fat)	g	28.00	1.202	10	3.64	7.94	
Carbohydrate, total	g	1.50	0.316	10	0.20	0.43	
Fiber	g					6.80	
Ash	g	2.20	0.126	10	0.29	0.62	
MINERALS:							
Calcium	mg	70	9.487	10	9	20	
Iron	mg	5.50	0.443	10	0.72	1.56	
Magnesium	mg	13		1	2	59	
Phosphorus	mg	200	23.085	10	26	57	
Potassium	mg	138	11.068	10	18	39	
Sodium	mg	697	35.101	10	91	198	
Zinc	mg				---	---	
Copper	mg	0.40		1	0.05	0.11	
Manganese	mg	0.120		1	0.016	0.034	
VITAMINS:							
Ascorbic acid	mg	2	0.247	10	0	0	
Thiamin	mg	0.030	0.003	10	0.004	0.009	
Riboflavin	mg	0.600	0.063	10	0.078	0.170	
Niacin	mg	3.300	0.190	10	0.429	0.936	
Pantothenic acid	mg	1.20		1	0.16	0.34	
Vitamin B ₆	mg	0.06		1	0.01	0.02	
Folacin	mcg	60		1	8	17	
Vitamin B ₁₂	mcg	3.20		1	0.42	0.91	
Vitamin A	{REIU}	3,300	939.196	10	429	936	
LIPIDS:							
Fatty acids:							
Saturated, total	g	---		---	---	---	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g	---		---	---	---	
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g	---		---	---	---	
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	---		---	---	---	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.157		1	0.020	0.045	
Threonine	g	0.568		1	0.074	0.161	
Isoleucine	g	0.564		1	0.072	0.157	
Leucine	g	1.050		1	0.137	0.298	
Lysine	g	0.838		1	0.109	0.238	
Methionine	g	0.284		1	0.037	0.081	
Cystine	g	0.170		1	0.022	0.048	
Phenylalanine	g	0.582		1	0.076	0.165	
Tyrosine	g	0.454		1	0.059	0.129	
Valine	g	0.768		1	0.100	0.218	
Arginine	g	0.895		1	0.116	0.254	
Histidine	g	0.298		1	0.039	0.084	
Alanine	g	0.952		1	0.124	0.270	
Aspartic acid	g	1.163		1	0.151	0.330	
Glutamic acid	g	1.904		1	0.248	0.540	
Glycine	g	1.363		1	0.177	0.386	
Proline	g	0.995		1	0.129	0.282	
Serine	g	0.595		1	0.077	0.169	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹	Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	67.37	0.536	3	38.20 84 351	19.10 42 176	305.58 672 2,810
Food energy	{ kcal	148					
	kJ	620					
Protein (N X 6.25)	g	17.27	0.120	3	9.79	4.90	78.32
Total lipid (fat)	g	6.37	0.233	3	3.61	1.81	28.88
Carbohydrate, total	g	4.60			2.61	1.30	20.86
Fiber	g						
Ash	g	4.40	0.208	3	2.49	1.25	19.96
MINERALS:							
Calcium	mg	54	5.608	3	30 0.61	15 0.30	243 4.85
Iron	mg	1.07	0.050	3	12	6	92
Magnesium	mg	20	0.882	3	96	48	771
Phosphorus	mg	170	16.643	3	224	112	1,789
Potassium	mg	394	23.096	3	864	432	6,910
Sodium	mg	1,523	20.276	3			
Zinc	mg	3.23	0.233	3	1.83	0.92	14.66
Copper	mg	0.12	0.023	3	0.07	0.03	0.54
Manganese	mg	0.064	0.014	3	0.036	0.018	0.290
VITAMINS:							
Ascorbic acid ²	mg	25	5.840	3	14	7	115
Thiamin	mg	0.377	0.084	3	0.214	0.107	1.710
Riboflavin	mg	0.303	0.009	3	0.172	0.086	1.374
Niacin	mg	3.080	0.139	3	1.746	0.873	13.971
Pantothenic acid	mg	0.53	0.115	2	0.30	0.15	2.38
Vitamin B ₆	mg	0.27	0.015	3	0.15	0.08	1.22
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	1.96	0.279	3	1.11	0.56	8.90
Vitamin A	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.29			1.30	0.65	10.37
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03	0.014	3	0.02	0.01	0.12
12:0	g	0.01	0.005	3	0.01	0.00	0.04
14:0	g	0.09	0.008	3	0.05	0.03	0.43
16:0	g	1.36	0.049	3	0.77	0.39	6.19
18:0	g	0.79	0.038	3	0.45	0.22	3.59
Monounsaturated, total	g	3.00			1.70	0.85	13.59
16:1	g	0.28	0.013	3	0.16	0.08	1.26
18:1	g	2.72	0.099	3	1.54	0.77	12.34
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.50			0.28	0.14	2.27
18:2	g	0.43	0.029	3	0.24	0.12	1.96
18:3	g	0.07	0.006	3	0.04	0.02	0.31
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	46	2.906	3	26	13	210
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.199			0.113	0.056	0.903
Threonine	g	0.761			0.431	0.216	3.452
Isoleucine	g	0.782			0.443	0.222	3.547
Leucine	g	1.388			0.787	0.393	6.296
Lysine	g	1.509			0.856	0.428	6.845
Methionine	g	0.448			0.254	0.127	2.032
Cystine	g	0.243			0.138	0.069	1.102
Phenylalanine	g	0.696			0.395	0.197	3.157
Tyrosine	g	0.552			0.313	0.156	2.504
Valine	g	0.826			0.468	0.234	3.747
Arginine	g	1.170			0.663	0.332	5.307
Histidine	g	0.649			0.368	0.184	2.944
Alanine	g	1.009			0.572	0.286	4.577
Aspartic acid	g	1.627			0.923	0.461	7.380
Glutamic acid	g	2.654			1.505	0.752	12.039
Glycine	g	0.895			0.507	0.254	4.060
Proline	g	0.807			0.458	0.229	3.661
Serine	g	0.701			0.397	0.199	3.180

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 sausage = 251 g ¹	1 slice = 5.5 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	27.06	1.030	18	67.91 1,248 5,221	1.49 27 114	122.73 2,255 9,434
Food energy	{kcal	497					
	{kJ	2,080					
Protein (N X 6.25)	g	20.97	0.075	18	52.63 110.36	1.15 2.42	95.12 199.44
Total lipid (fat)	g	43.97	0.899	18	7.12	0.16	12.86
Carbohydrate, total	g	2.84					
Fiber	g	0.00					
Ash	g	5.17	0.126	15	12.98	0.28	23.46
MINERALS:							
Calcium	mg	10		1	25	1	45
Iron	mg	1.40		1	3.51	0.08	6.35
Magnesium	mg	16		1	40	1	73
Phosphorus	mg	119		1	299	7	540
Potassium	mg	347		1	871	19	1,574
Sodium	mg	2,040		1	5,120	112	9,253
Zinc	mg	2.50		1	6.28	0.14	11.34
Copper	mg	0.07		1	0.18	0.00	0.32
Manganese	mg	---			---	---	---
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.320		1	0.803	0.018	1.452
Riboflavin	mg	0.250		1	0.628	0.014	1.134
Niacin	mg	4.960		1	12.450	0.273	22.499
Pantothenic acid	mg	1.87		1	4.69	0.10	8.48
Vitamin B ₆	mg	0.25		1	0.63	0.01	1.13
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	2.51		1	6.30	0.14	11.39
Vitamin A	{RE. IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	16.13			40.49	0.89	73.17
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.86			2.16	0.05	3.91
16:0	g	10.29			25.83	0.57	46.67
18:0	g	4.69			11.76	0.26	21.26
Monounsaturated, total	g	21.11			52.97	1.16	95.73
16:1	g	1.77			4.45	0.10	8.04
18:1	g	18.92			47.50	1.04	85.84
20:1	g						
22:1	g						
Polyunsaturated, total	g	4.37			10.97	0.24	19.82
18:2	g	3.74			9.39	0.21	16.97
18:3	g	0.41			1.02	0.02	1.84
18:4	g						
20:4	g	0.14			0.35	0.01	0.64
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	---			---	---	---
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.200			0.502	0.011	0.907
Threonine	g	0.848			2.128	0.047	3.847
Isoleucine	g	0.908			2.279	0.050	4.119
Leucine	g	1.578			3.961	0.087	7.158
Lysine	g	1.635			4.104	0.090	7.416
Methionine	g	0.536			1.345	0.029	2.431
Cystine	g	0.247			0.620	0.014	1.120
Phenylalanine	g	0.785			1.970	0.043	3.561
Tyrosine	g	0.669			1.679	0.037	3.035
Valine	g	0.978			2.455	0.054	4.436
Arginine	g	1.346			3.378	0.074	6.105
Histidine	g	0.664			1.667	0.037	3.012
Alanine	g	1.403			3.522	0.077	6.364
Aspartic acid	g	1.970			4.945	0.108	8.936
Glutamic acid	g	3.245			8.145	0.178	14.719
Glycine	g	1.577			3.958	0.087	7.153
Proline	g	1.225			3.075	0.067	5.557
Serine	g	0.860			2.159	0.047	3.901

¹ Weight applies to sausage, which is 10-1/4 in long, 1-3/8 in diam.² Weight applies to slice, which is 1-3/8 in diam., 1/8 in thick.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse:0	
				2 slices = 56.7 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	57.09	0.382	15	32.37	16.18
	kcal	262			149	74
Food energy	kJ	1,098			622	311
Protein (N X 6.25)	g	11.51	0.242	15	6.52	3.26
Total lipid (fat)	g	21.11	1.196	15	11.97	5.99
Carbohydrate, total	g	5.88			3.33	1.67
Fiber	g					
Ash	g	4.42	0.128	6	2.50	1.25
MINERALS:						
Calcium	mg	95	6.423	15	54	27
Iron	mg	1.02	0.108	15	0.58	0.29
Magnesium	mg	18	0.654	6	10	5
Phosphorus	mg	140	9.781	6	79	40
Potassium	mg	340	13.553	6	193	96
Sodium	mg	1,389	47.968	6	787	394
Zinc	mg	1.40	0.086	6	0.79	0.40
Copper	mg	0.13	0.032	6	0.07	0.04
Manganese	mg	0.029	0.005	5	0.016	0.008
VITAMINS:						
Ascorbic acid. ²	mg	13	1.470	15	8	4
Thiamin	mg	0.293	0.014	15	0.166	0.083
Riboflavin	mg	0.254	0.009	15	0.144	0.072
Niacin	mg	2.054	0.055	15	1.165	0.582
Pantothenic acid.	mg	0.79	0.017	3	0.45	0.22
Vitamin B ₆	mg	0.19	0.004	15	0.11	0.05
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	1.18	0.060	15	0.67	0.33
Vitamin A	{RE. IU	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.85			4.45	2.23
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.07	0.042	6	0.04	0.02
12:0	g	0.04	0.029	6	0.02	0.01
14:0	g	0.33	0.040	6	0.19	0.09
16:0	g	4.69	0.280	6	2.66	1.33
18:0	g	2.71	0.157	6	1.54	0.77
Monounsaturated, total	g	9.60			5.44	2.72
16:1	g	0.79	0.088	6	0.45	0.23
18:1	g	8.81	0.514	6	4.99	2.50
20:1	g					
22:1	g					
Polysaturated, total	g	2.57			1.46	0.73
18:2	g	2.31	0.148	6	1.31	0.65
18:3	g	0.27	0.030	6	0.15	0.08
18:4	g					
20:4	g	---			---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	37	5.618	4	21	10
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.116		1	0.066	0.033
Threonine	g	0.521		1	0.295	0.148
Isoleucine	g	0.490		1	0.278	0.139
Leucine	g	0.948		1	0.538	0.269
Lysine	g	0.895		1	0.507	0.254
Methionine	g	0.254		1	0.144	0.072
Cystine	g	0.118		1	0.067	0.033
Phenylalanine	g	0.438		1	0.248	0.124
Tyrosine	g	0.390		1	0.221	0.111
Valine	g	0.556		1	0.315	0.158
Arginine	g	0.665		1	0.377	0.189
Histidine	g	0.343		1	0.194	0.097
Alanine	g	0.669		1	0.379	0.190
Aspartic acid	g	1.021		1	0.579	0.289
Glutamic acid	g	1.915		1	1.086	0.543
Glycine	g	0.768		1	0.435	0.218
Proline	g	0.836		1	0.474	0.237
Serine	g	0.567		1	0.321	0.161

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	2 slices = 56.7 g	1 slice or 1 oz = 28.35 g ¹	Refuse: 0
	A	B	C	D	E	F
PROXIMATE:						
Water	60.20	0.255	5	34.13	17.07	273.07
Food energy { kcal	232			132	66	1,053
	972			551	275	4,407
Protein (N X 6.25) g	14.92	0.326	5	8.46	4.23	67.66
Total lipid (fat) g	16.64	0.388	5	9.43	4.72	75.48
Carbohydrate, total g	4.76			2.70	1.35	21.60
Fiber g						
Ash g	3.48	0.058	5	1.97	0.99	15.79
MINERALS:						
Calcium mg	47	5.054	5	27	13	212
Iron mg	1.02	0.187	5	0.58	0.29	4.64
Magnesium mg	15	0.837	5	9	4	68
Phosphorus mg	125	10.787	5	71	36	569
Potassium mg	267	9.114	5	151	76	1,209
Sodium mg	1,164	33.254	5	660	330	5,281
Zinc mg	2.18	0.116	5	1.24	0.62	9.89
Copper mg	0.07	0.012	5	0.04	0.02	0.29
Manganese mg	0.028	0.004	4	0.016	0.008	0.127
VITAMINS:						
Ascorbic acid ² mg	18	1.470	5	10	5	80
Thiamin mg	0.374	0.008	5	0.212	0.106	1.696
Riboflavin mg	0.242	0.015	5	0.137	0.069	1.098
Niacin mg	2.306	0.187	5	1.308	0.654	10.460
Pantothenic acid. mg	0.68		1	0.39	0.19	3.08
Vitamin B6 mg	0.30	0.075	5	0.17	0.09	1.36
Folacin mcg	---			---	---	---
Vitamin B12 mcg	1.50	0.059	5	0.85	0.42	6.79
Vitamin A { RE						
	RE IU					
LIPIDS:						
Fatty acids:						
Saturated, total g	6.07			3.44	1.72	27.54
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.08	0.026	4	0.04	0.02	0.36
12:0 g	0.05	0.012	4	0.03	0.01	0.23
14:0 g	0.29	0.016	5	0.16	0.08	1.32
16:0 g	3.57	0.119	5	2.02	1.01	16.19
18:0 g	2.08	0.062	5	1.18	0.59	9.44
Monounsaturated, total g	7.68			4.36	2.18	34.85
16:1 g	0.68	0.038	5	0.39	0.19	3.10
18:1 g	7.00	0.303	5	3.97	1.98	31.76
20:1 g						
22:1 g						
Polyunsaturated, total g	1.89			1.07	0.54	8.57
18:2 g	1.68	0.025	5	0.95	0.48	7.63
18:3 g	0.21	0.035	5	0.12	0.06	0.94
18:4 g						
20:4 g	---			---	---	---
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	38	4.989	4	22	11	174
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.143		1	0.081	0.041	0.649
Threonine g	0.656		1	0.372	0.186	2.976
Isoleucine g	0.582		1	0.330	0.165	2.640
Leucine g	1.146		1	0.650	0.325	5.198
Lysine g	1.193		1	0.676	0.338	5.411
Methionine g	0.377		1	0.214	0.107	1.710
Cystine g	0.162		1	0.092	0.046	0.735
Phenylalanine g	0.537		1	0.304	0.152	2.436
Tyrosine g	0.458		1	0.260	0.130	2.077
Valine g	0.642		1	0.364	0.182	2.912
Arginine g	0.888		1	0.503	0.252	4.028
Histidine g	0.437		1	0.248	0.124	1.982
Alanine g	0.890		1	0.505	0.252	4.037
Aspartic acid g	1.318		1	0.747	0.374	5.978
Glutamic acid g	2.253		1	1.277	0.639	10.220
Glycine g	0.972		1	0.551	0.276	4.409
Proline g	0.859		1	0.487	0.244	3.896
Serine g	0.656		1	0.372	0.186	2.976

¹ Weight applies to slice, which is 4 by 4 by 3/32 in.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	
				1 sausage = 227 g ¹		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	53.15	0.246	6	120.65 73.9	15.07 92
Food energy	{ kcal	326			3,092	386
	{ kJ	1,362				6,179
Protein (N X 6.25)	g	14.10	0.251	6	32.01 65.19	4.00 8.14
Total lipid (fat)	g	28.72	0.362	6	3.71	0.46
Carbohydrate, total	g	1.63			0.00	0.46
Fiber	g	0.00			0.00	0.00
Ash	g	2.40	0.063	6	5.45	0.68
MINERALS:						
Calcium	mg	12	0.843	6	26	53
Iron	mg	1.44	0.051	6	3.26	6.51
Magnesium	mg	14	0.601	6	32	64
Phosphorus	mg	136	3.544	6	308	616
Potassium	mg	237	12.054	6	538	1,076
Sodium	mg	876	63.285	6	1,989	3,974
Zinc	mg	1.93	0.021	6	4.39	8.77
Copper	mg	0.09	0.006	6	0.21	0.03
Manganese	mg	0.049	0.002	5	0.111	0.014
VITAMINS:						
Ascorbic acid	mg	1	0.000	6	2	5
Thiamin	mg	0.502	0.027	6	1.140	0.142
Riboflavin	mg	0.148	0.012	6	0.336	0.042
Niacin	mg	3.443	0.088	6	7.816	0.976
Pantothenic acid	mg	0.45	0.021	3	1.02	0.13
Vitamin B ₆	mg	0.19	0.012	6	0.42	0.05
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	0.98	0.030	6	2.23	0.28
Vitamin A	{ RE					4.46
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.33			23.44	2.93
4:0	g					46.84
6:0	g					
8:0	g					
10:0	g	0.07	0.034	6	0.17	0.02
12:0	g	0.07	0.050	6	0.16	0.02
14:0	g	0.40	0.053	6	0.91	0.11
16:0	g	6.40	0.113	6	14.53	1.82
18:0	g	3.38	0.085	6	7.66	0.96
Monounsaturated, total	g	13.52			30.69	3.83
16:1	g	0.95	0.021	6	2.15	0.27
18:1	g	12.58	0.269	6	28.55	3.57
20:1	g					57.04
22:1	g					
Polyunsaturated, total	g	3.08			7.00	0.87
18:2	g	2.79	0.063	6	6.34	0.79
18:3	g	0.29	0.015	6	0.66	0.08
18:4	g	*				
20:4	g	---			---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	70	2.187	6	158	20
Phytosterols	mg					315
AMINO ACIDS:						
Tryptophan	g	0.138			0.313	0.039
Threonine	g	0.591			1.342	0.168
Isoleucine	g	0.611			1.387	0.173
Leucine	g	1.076			2.443	0.305
Lysine	g	1.110			2.520	0.315
Methionine	g	0.379			0.860	0.107
Cystine	g	0.157			0.356	0.045
Phenylalanine	g	0.539			1.224	0.153
Tyrosine	g	0.444			1.008	0.126
Valine	g	0.679			1.541	0.192
Arginine	g	0.925			2.100	0.262
Histidine	g	0.444			1.008	0.126
Alanine	g	0.902			2.048	0.256
Aspartic acid	g	1.293			2.935	0.367
Glutamic acid	g	2.117			4.806	0.600
Glycine	g	0.992			2.252	0.281
Proline	g	0.712			1.616	0.202
Serine	g	0.584			1.326	0.166

¹ Weight applies to sausage, which is 10 in long, 1-1/4 in diam.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 patty = 27 g ¹	1 link = 13 g ²	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	44.55	1.167	6	12.03	5.79
Food energy	{ kcal	396		107	52	202.08
	{ kJ	1,658		448	216	1,798
Protein (N X 6.25)	g	13.80	0.756	6	3.73	62.60
Total lipid (fat)	g	36.25	1.774	6	9.79	164.43
Carbohydrate, total	g	2.70			0.73	12.25
Fiber	g	0.00			0.00	0.00
Ash	g	2.70	0.068	6	0.73	12.25
MINERALS:						
Calcium	mg	---	---		---	---
Iron	mg	1.13	0.071	6	0.31	0.15
Magnesium	mg	12	0.922	6	3	52
Phosphorus	mg	107	5.679	6	29	483
Potassium	mg	---			---	---
Sodium	mg	805	24.732	6	217	105
Zinc	mg	1.87	0.109	6	0.50	0.24
Copper	mg	0.04	0.008	6	0.01	0.00
Manganese	mg	---			---	---
VITAMINS:						
Ascorbic acid	mg	0.357	0.020	6	0.096	0.046
Thiamin	mg	0.147	0.007	6	0.040	0.019
Riboflavin	mg	3.367	0.126	6	0.909	0.438
Niacin	mg	0.48	0.038	6	0.13	0.06
Pantothenic acid	mg	0.05	0.006	6	0.01	0.01
Vitamin B ₆	mcg	---			---	---
Folacin	mcg	0.43	0.062	6	0.12	0.06
Vitamin B ₁₂	mcg	---			---	1.96
Vitamin A	{ RE. IU	12.96				
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.96		3.50	1.68	58.77
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.60		0.16	0.08	2.72
16:0	g	8.31		2.24	1.08	37.70
18:0	g	3.87		1.04	0.50	17.55
Monounsaturated, total	g	17.18		4.64	2.23	77.95
16:1	g	1.35		0.37	0.18	6.14
18:1	g	15.80		4.26	2.05	71.65
Polyunsaturated, total	g	3.90		1.05	0.51	17.58
18:2	g	3.46		0.93	0.45	15.69
18:3	g	0.32		0.09	0.04	1.43
18:4	g					
20:4	g	0.12		0.03	0.02	0.55
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	---		---	---	---
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g	0.132		0.036	0.017	0.599
Threonine	g	0.554		0.150	0.072	2.513
Isoleucine	g	0.530		0.143	0.069	2.404
Leucine	g	0.974		0.263	0.127	4.418
Lysine	g	1.088		0.294	0.141	4.935
Methionine	g	0.328		0.089	0.043	1.488
Cystine	g	0.139		0.038	0.018	0.631
Phenylalanine	g	0.478		0.129	0.062	2.168
Tyrosine	g	0.405		0.109	0.053	1.837
Valine	g	0.592		0.160	0.077	2.685
Arginine	g	0.850		0.230	0.111	3.856
Histidine	g	0.412		0.111	0.054	1.869
Alanine	g	0.812		0.219	0.106	3.683
Aspartic acid	g	1.182		0.319	0.154	5.362
Glutamic acid	g	1.995		0.539	0.259	9.049
Glycine	g	0.898		0.242	0.117	4.073
Proline	g	0.654		0.177	0.085	2.967
Serine	g	0.532		0.144	0.069	2.413

¹ Yield from raw patty, which is 3-7/8 in diam., 1/4 in thick, and weighs 57 g.² Yield from raw link, which is 4 in long, 7/8 in diam., and weighs 28 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	Amount in edible portion of 1 pound of food as purchased		
	Mean	Standard error	Number of samples	Approximate measure and weight					
				1 patty = 57 g ¹	1 link = 28 g ²				
A	B	C	D	E	F	G			
PROXIMATE:									
Water	g	44.52	0.544	13	25.37 238	12.62 118	201.92 1,893		
Food energy	{ kcal	417			995	495	7,920		
Food energy	{ kJ	1,746							
Protein (N X 6.25)	g	11.69	0.163	13	6.66 22.97	3.31 11.42	53.03 182.76		
Total lipid (fat)	g	40.29	0.490	13	0.58 0.00	0.29 0.00	4.61 0.00		
Carbohydrate, total	g	1.02							
Fiber	g	0.00							
Ash	g	2.49	0.039	13	1.42	0.70	11.27		
MINERALS:									
Calcium	mg	18	1.575	13	10	5	82		
Iron	mg	0.91	0.110	13	0.52	0.26	4.11		
Magnesium	mg	11	0.219	14	6	3	49		
Phosphorus	mg	118	1.863	13	68	34	537		
Potassium	mg	205	4.278	13	117	58	928		
Sodium	mg	804	20.959	13	458	228	3,648		
Zinc	mg	1.59	0.035	13	0.90	0.45	7.19		
Copper	mg	0.07	0.005	13	0.04	0.02	0.34		
Manganese	mg	---			---	---	---		
VITAMINS:									
Ascorbic acid	mg	2	0.290	13	1	0	7		
Thiamin	mg	0.545	0.014	13	0.311	0.155	2.472		
Riboflavin	mg	0.164	0.011	13	0.093	0.046	0.744		
Niacin	mg	2.835	0.088	13	1.616	0.804	12.860		
Pantothenic acid	mg	0.40	0.100	2	0.23	0.11	1.81		
Vitamin B ₆	mg	0.25	0.009	13	0.14	0.07	1.12		
Folacin	mcg	4	0.550	4	2	1	17		
Vitamin B ₁₂	mcg	1.13	0.062	13	0.64	0.32	5.11		
Vitamin A	{ RE								
Vitamin A	{ IU								
LIPIDS:									
Fatty acids:									
Saturated, total	g	14.47			8.25	4.10	65.64		
4:0	g								
6:0	g								
8:0	g								
10:0	g	0.11	0.019	12	0.06	0.03	0.51		
12:0	g	0.08	0.016	12	0.05	0.02	0.36		
14:0	g	0.57	0.025	12	0.32	0.16	2.57		
16:0	g	8.87	0.137	12	5.05	2.51	40.22		
18:0	g	4.85	0.089	12	2.76	1.37	21.98		
Monounsaturated, total	g	18.53			10.56	5.25	84.07		
16:1	g	1.45	0.079	12	0.82	0.41	6.56		
18:1	g	17.09	0.255	12	9.74	4.84	77.51		
20:1	g								
22:1	g								
Polyunsaturated, total	g	5.24			2.98	1.48	23.75		
18:2	g	4.39	0.109	12	2.50	1.24	19.89		
18:3	g	0.85	0.119	12	0.48	0.24	3.86		
18:4	g								
20:4	g								
20:5	g								
22:5	g								
22:6	g								
Cholesterol	mg	68	1.807	13	39	19	309		
Phytosterols	mg								
AMINO ACIDS:³									
Tryptophan	g	0.094		3	0.054	0.027	0.426		
Threonine	g	0.462		3	0.263	0.131	2.096		
Isoleucine	g	0.427		3	0.243	0.121	1.937		
Leucine	g	0.784		3	0.447	0.222	3.556		
Lysine	g	0.889		3	0.507	0.252	4.033		
Methionine	g	0.284		3	0.162	0.081	1.288		
Cystine	g	0.118		3	0.067	0.033	0.535		
Phenylalanine	g	0.391		3	0.223	0.111	1.774		
Tyrosine	g	0.337		3	0.192	0.096	1.529		
Valine	g	0.469		3	0.267	0.133	2.127		
Arginine	g	0.691		3	0.394	0.196	3.134		
Histidine	g	0.337		3	0.192	0.096	1.529		
Alanine	g	0.655		3	0.373	0.186	2.971		
Aspartic acid	g	0.973		3	0.555	0.276	4.414		
Glutamic acid	g	1.617		3	0.922	0.458	7.335		
Glycine	g	0.709		3	0.404	0.201	3.216		
Proline	g	0.544		3	0.310	0.154	2.468		
Serine	g	0.452		3	0.258	0.128	2.050		

¹ Weight applies to patty, which is 3-7/8 in diam., 1/4 in thick.² Weight applies to link, which is 4 in long, 7/8 in diam.³ Includes data for cooked, fresh pork sausage.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	Amount in edible portion of 1 pound of food as purchased		
	Mean	Standard error	Number of samples	Approximate measure and weight					
				1 patty = 27 g ¹	1 link = 13 g ²				
A	B	C	D	E	F	G			
PROXIMATE:									
Water	g	44.57	1.223	20	12.03	5.79	202.17		
Food energy	{ kcal	369		100	48		1,673		
	{ kJ	1,543		417	201		7,001		
Protein (N X 6.25)	g	19.65	0.735	20	5.31	2.55	89.13		
Total lipid (fat)	g	31.16	1.248	20	8.41	4.05	141.32		
Carbohydrate, total	g	1.03			0.28	0.13	4.66		
Fiber	g	0.00			0.00	0.00	0.00		
Ash	g	3.60	0.228	20	0.97	0.47	16.32		
MINERALS:									
Calcium	mg	32	3.395	15	9	4	143		
Iron	mg	1.25	0.072	20	0.34	0.16	5.67		
Magnesium	mg	17	0.473	15	5	2	77		
Phosphorus	mg	184	5.599	15	50	24	833		
Potassium	mg	361	10.939	15	97	47	1,637		
Sodium	mg	1,294	41.486	15	349	168	5,869		
Zinc	mg	2.50	0.112	20	0.68	0.33	11.35		
Copper	mg	0.14	0.008	20	0.04	0.02	0.64		
Manganese	mg	0.071	6.785	5	0.019	0.009	0.321		
VITAMINS:									
Ascorbic acid	mg	2	0.270	15	0	0	8		
Thiamin	mg	0.741	0.013	15	0.200	0.096	3.361		
Riboflavin	mg	0.254	0.015	15	0.069	0.033	1.152		
Niacin	mg	4.518	0.214	15	1.220	0.587	20.494		
Pantothenic acid	mg	0.72	0.034	5	0.20	0.09	3.28		
Vitamin B ₆	mg	0.33	0.013	15	0.09	0.04	1.51		
Folacin	mcg	---			---	---	---		
Vitamin B ₁₂	mcg	1.73	0.102	15	0.47	0.22	7.83		
Vitamin A	{ RE								
	{ IU								
LIPIDS:									
Fatty acids:									
Saturated, total	g	10.81			2.92	1.40	49.02		
4:0	g								
6:0	g								
8:0	g								
10:0	g	0.12	0.023	14	0.03	0.02	0.54		
12:0	g	0.09	0.021	14	0.02	0.01	0.39		
14:0	g	0.45	0.026	14	0.12	0.06	2.03		
16:0	g	6.53	0.243	14	1.76	0.85	29.63		
18:0	g	3.62	0.122	14	0.98	0.47	16.42		
Monounsaturated, total	g	13.90			3.75	1.81	63.03		
16:1	g	1.09	0.058	14	0.29	0.14	4.93		
18:1	g	12.81	0.517	14	3.46	1.67	58.10		
20:1	g								
22:1	g								
Polyunsaturated, total	g	3.81			1.03	0.50	17.30		
18:2	g	3.28	0.148	14	0.88	0.43	14.86		
18:3	g	0.54	0.078	14	0.14	0.07	2.43		
18:4	g								
20:4	g	---			---	---	---		
20:5	g								
22:5	g								
22:6	g								
Cholesterol	mg	83	3.865	15	22	11	376		
Phytosterols	mg								
AMINO ACIDS:³									
Tryptophan	g	0.157		3	0.042	0.020	0.712		
Threonine	g	0.777		3	0.210	0.101	3.524		
Isoleucine	g	0.717		3	0.194	0.093	3.252		
Leucine	g	1.317		3	0.356	0.171	5.974		
Lysine	g	1.494		3	0.403	0.194	6.777		
Methionine	g	0.478		3	0.129	0.062	2.168		
Cystine	g	0.198		3	0.053	0.026	0.898		
Phenylalanine	g	0.657		3	0.177	0.085	2.980		
Tyrosine	g	0.566		3	0.153	0.074	2.567		
Valine	g	0.789		3	0.213	0.103	3.579		
Arginine	g	1.160		3	0.313	0.151	5.262		
Histidine	g	0.566		3	0.153	0.074	2.567		
Alanine	g	1.101		3	0.297	0.143	4.994		
Aspartic acid	g	1.635		3	0.441	0.213	7.416		
Glutamic acid	g	2.716		3	0.733	0.353	12.320		
Glycine	g	1.192		3	0.322	0.155	5.407		
Proline	g	0.914		3	0.247	0.119	4.146		
Serine	g	0.761		3	0.205	0.099	3.452		

¹ Yield from raw patty, which is 3-7/8 in diam., 1/4 in thick, and weighs 57 g.² Yield from raw link, which is 4 in long, 7/8 in diam., and weighs 28 g.³ Includes data for raw, fresh pork sausage.

POULTRY SALAD SANDWICH SPREAD¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: G	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 tbsp = 13 g	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	200		26	57	909	
Food energy	{ kcal	838		109	238	3,801	
Protein (N X 6.25)	g	11.64	0.350	2	1.51	52.79	
Total lipid (fat)	g	13.52	0.350	2	1.76	61.33	
Carbohydrate, total	g	7.41	0.355	2	0.96	33.59	
Fiber	g					---	
Ash	g	---		---	---	---	
MINERALS:							
Calcium	mg	10	2.250	2	1	43	
Iron	mg	0.61	0.050	2	0.08	2.77	
Magnesium	mg	---		---	---		
Phosphorus	mg	33	27.000	2	4	150	
Potassium	mg	183	29.500	2	24	828	
Sodium	mg	377	9.500	2	49	1,708	
Zinc	mg	---		---	---	---	
Copper	mg	---		---	---	---	
Manganese	mg	---		---	---	---	
VITAMINS:							
Ascorbic acid	mg	1	0.000	2	0	5	
Thiamin	mg	0.024	0.000	2	0.003	0.109	
Riboflavin	mg	0.071	0.000	2	0.009	0.322	
Niacin	mg	1.669	0.165	2	0.217	7.571	
Pantothenic acid	mg	0.27	0.011	2	0.04	1.22	
Vitamin B ₆	mg	0.11	0.012	2	0.01	0.48	
Folacin	mcg	5	0.000	2	1	21	
Vitamin B ₁₂	mcg	0.38	0.094	2	0.05	1.71	
Vitamin A	{ RE	139	33.000	2	18	39	
	{ IU					631	
LIPIDS:							
Fatty acids:							
Saturated, total	g	3.45		2	0.45	0.98	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	---			---	---	
16:0	g	---			---	---	
18:0	g	---			---	---	
Monounsaturated, total	g	3.25		2	0.42	0.92	
16:1	g	---			---	---	
18:1	g	---			---	---	
20:1	g						
22:1	g						
Polyunsaturated, total	g	6.22		2	0.81	1.76	
18:2	g	---			---	---	
18:3	g	---			---	---	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	30	1.000	2	4	9	
Phytosterols	mg					136	
AMINO ACIDS:							
Tryptophan	g	---			---	---	
Threonine	g	---			---	---	
Isoleucine	g	---			---	---	
Leucine	g	---			---	---	
Lysine	g	---			---	---	
Methionine	g	---			---	---	
Cystine	g	---			---	---	
Phenylalanine	g	---			---	---	
Tyrosine	g	---			---	---	
Valine	g	---			---	---	
Arginine	g	---			---	---	
Histidine	g	---			---	---	
Alanine	g	---			---	---	
Aspartic acid	g	---			---	---	
Glutamic acid	g	---			---	---	
Glycine	g	---			---	---	
Proline	g	---			---	---	
Serine	g	---			---	---	

¹ Values were obtained by combining data for chicken and turkey salad sandwich spreads.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 slice = 23 g ¹	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	59.34	0.818	8	13.65	16.82	269.16
Food energy	kcal	254			58	72	1,151
Protein (N X 6.25)	g	1,061			244	301	4,815
Total lipid (fat)	g	20.10	1.237	8	3.38	4.17	66.68
Carbohydrate, total	g	2.49			4.62	5.70	91.17
Fiber	g	0.00			0.57	0.71	11.28
Ash	g	3.38	0.115	8	0.78	0.96	0.00
MINERALS:							
Calcium	mg	9	0.885	8	2	2	39
Iron	mg	2.00	0.255	8	0.46	0.57	9.07
Magnesium	mg	13	0.627	8	3	4	59
Phosphorus	mg	101	6.718	8	23	29	459
Potassium	mg	225	9.794	8	52	64	1,019
Sodium	mg	1,158	37.320	8	266	328	5,253
Zinc	mg	2.14	0.135	8	0.49	0.61	9.69
Copper	mg	0.09	0.014	8	0.02	0.03	0.41
Manganese	mg	0.047	0.007	5	0.011	0.013	0.213
VITAMINS:							
Ascorbic acid ²	mg	15	1.908	8	3	4	66
Thiamin	mg	0.127	0.004	8	0.029	0.036	0.576
Riboflavin	mg	0.257	0.018	8	0.059	0.073	1.166
Niacin	mg	3.412	0.096	8	0.785	0.967	15.477
Pantothenic acid	mg	0.96	0.185		0.22	0.27	4.33
Vitamin B ₆	mg	0.22	0.024	8	0.05	0.06	0.98
Folacin	mcg	2	0.124	3	0	1	8
Vitamin B ₁₂	mcg	4.85	0.228	8	1.11	1.37	21.98
Vitamin A	{RE. IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	8.43			1.94	2.39	38.25
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06	0.018	8	0.01	0.02	0.27
12:0	g	0.05	0.013	8	0.01	0.01	0.20
14:0	g	0.58	0.045	8	0.13	0.16	2.64
16:0	g	4.71	0.341	8	1.08	1.34	21.37
18:0	g	3.04	0.196	8	0.70	0.86	13.77
Monounsaturated, total	g	9.30			2.14	2.64	42.16
16:1	g	1.20	0.083	8	0.28	0.34	5.44
18:1	g	8.10	0.578	8	1.86	2.29	36.72
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.88			0.20	0.25	4.01
18:2	g	0.67	0.096	8	0.15	0.19	3.03
18:3	g	0.21	0.040	8	0.05	0.06	0.97
18:4	g						
20:4	g	---			---	---	---
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	60	5.196	7	14	17	272
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.134			0.031	0.038	0.608
Threonine	g	0.555			0.128	0.157	2.517
Isoleucine	g	0.635			0.146	0.180	2.880
Leucine	g	1.080			0.248	0.306	4.899
Lysine	g	1.127			0.259	0.320	5.112
Methionine	g	0.341			0.078	0.097	1.547
Cystine	g	0.188			0.043	0.053	0.853
Phenylalanine	g	0.529			0.122	0.150	2.400
Tyrosine	g	0.480			0.110	0.136	2.177
Valine	g	0.647			0.149	0.183	2.935
Arginine	g	0.908			0.209	0.257	4.119
Histidine	g	0.468			0.108	0.133	2.123
Alanine	g	1.058			0.243	0.300	4.799
Aspartic acid	g	1.439			0.331	0.408	6.527
Glutamic acid	g	2.394			0.551	0.679	10.859
Glycine	g	1.228			0.282	0.348	5.570
Proline	g	1.058			0.243	0.300	4.799
Serine	g	0.593			0.136	0.168	2.690

¹ Weight applies to slice, which is 4 in diam., 1/8 in thick; 10 per 8 oz pkg.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 slice = 23 g ¹	1 oz = 28.35 g	G
A	B	C	D	E	F	
PROXIMATE:						
Water	g	60.40	1.329	9	13.89	17.12
	kcal	250			57	71
Food energy	{ kcal	1,044		240	296	4,736
Protein (N X 6.25)	g	13.92	0.189	9	3.20	3.95
Total lipid (fat)	g	20.11	1.265	9	4.63	5.70
Carbohydrate, total	g	2.25			0.52	0.64
Fiber	g	0.00			0.00	0.00
Ash	g	3.32	0.040	9	0.76	0.94
MINERALS:						
Calcium	mg	13	2.104	6	3	4
Iron	mg	2.67	0.268	9	0.61	0.76
Magnesium	mg	15	0.772	9	3	4
Phosphorus	mg	115	7.601	9	27	33
Potassium	mg	198	9.974	9	46	56
Sodium	mg	1,065	41.954	9	245	302
Zinc	mg	2.14	0.190	9	0.49	0.61
Copper	mg	0.23	0.095	9	0.05	0.06
Manganese	mg	0.057	0.010	6	0.013	0.016
VITAMINS:						
Ascorbic acid ²	mg	12	2.495	9	3	3
Thiamin	mg	0.239	0.021	9	0.055	0.068
Riboflavin	mg	0.376	0.023	9	0.086	0.107
Niacin	mg	3.553	0.210	9	0.817	1.007
Pantothenic acid	mg	0.85	0.126	3	0.20	0.24
Vitamin B ₆	mg	0.21	0.024	9	0.05	0.06
Folacin	mcg	2			0	1
Vitamin B ₁₂	mcg	3.65	0.654	9	0.84	1.04
Vitamin A	{ RE. IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.09			1.86	2.29
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.10	0.038	6	0.02	0.03
12:0	g	0.07	0.024	6	0.01	0.02
14:0	g	0.47	0.094	7	0.11	0.13
16:0	g	4.53	0.261	7	1.04	1.28
18:0	g	2.93	0.296	7	0.67	0.83
Monounsaturated, total	g	9.19			2.11	2.61
16:1	g	0.89	0.117	7	0.20	0.25
18:1	g	8.30	0.392	7	1.91	2.35
20:1	g					
22:1	g					
Polyunsaturated, total	g	2.02			0.46	0.57
18:2	g	1.61	0.059	7	0.37	0.46
18:3	g	0.41	0.098	7	0.09	0.12
18:4	g					
20:4	g	---			---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65	4.874	7	15	18
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.114		1	0.026	0.032
Threonine	g	0.521		1	0.120	0.148
Isoleucine	g	0.675		1	0.155	0.191
Leucine	g	0.929		1	0.214	0.263
Lysine	g	1.107		1	0.255	0.314
Methionine	g	0.301		1	0.069	0.085
Cystine	g	0.196		1	0.045	0.056
Phenylalanine	g	0.481		1	0.111	0.136
Tyrosine	g	0.552		1	0.127	0.156
Valine	g	0.668		1	0.154	0.189
Arginine	g	0.855		1	0.197	0.242
Histidine	g	0.359		1	0.083	0.102
Alanine	g	0.880		1	0.202	0.249
Aspartic acid	g	1.285		1	0.296	0.364
Glutamic acid	g	1.929		1	0.444	0.547
Glycine	g	1.189		1	0.273	0.337
Proline	g	0.831		1	0.191	0.236
Serine	g	0.537		1	0.124	0.152

¹ Weight applies to slice, which is 4 in. diam., 1/8 in thick; 10 per 8 oz pkg.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				2 slices = 56.7 g	1 pkg, net wt, 8 oz = 227 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	65.86	0.642	5	37.34	149.51
Food energy	{ kcal	196			111	446
	kJ	822			466	1,866
Protein (N X 6.25)	g	16.37	0.486	7	9.28	37.16
Total lipid (fat)	g	13.80	0.537	7	7.82	31.32
Carbohydrate, total	g	0.55			0.31	1.24
Fiber	g					
Ash	g	3.42	0.259	5	1.94	7.77
MINERALS:						
Calcium	mg	20	2.252	4	11	44
Iron	mg	1.61	0.202	4	0.91	3.64
Magnesium	mg	15		1	8	33
Phosphorus	mg	106	6.600	2	60	242
Potassium	mg	244	20.500	2	138	553
Sodium	mg	1,004	180.232	6	569	2,278
Zinc	mg	1.81		1	1.03	4.11
Copper	mg	0.05		1	0.03	0.12
Manganese	mg	---			---	---
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg	0.065	0.005	2	0.037	0.148
Riboflavin	mg	0.175	0.015	2	0.099	0.397
Niacin	mg	3.527			2.000	8.006
Pantothenic acid	mg	---			---	---
Vitamin B ₆	mg	---			---	---
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	---			---	---
Vitamin A	{ RE				---	---
	IU				---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	---			---	---
4:0	g	---			---	---
6:0	g	---			---	---
8:0	g	---			---	---
10:0	g	---			---	---
12:0	g	---			---	---
14:0	g	---			---	---
16:0	g	---			---	---
18:0	g	---			---	---
Monounsaturated, total	g	---			---	---
16:1	g	---			---	---
18:1	g	---			---	---
20:1	g	---			---	---
22:1	g	---			---	---
Polyunsaturated, total	g	---			---	---
18:2	g	---			---	---
18:3	g	---			---	---
18:4	g	---			---	---
20:4	g	---			---	---
20:5	g	---			---	---
22:5	g	---			---	---
22:6	g	---			---	---
Cholesterol	mg	82		1	46	186
Phytosterols	mg					372
AMINO ACIDS:						
Tryptophan	g	---			---	---
Threonine	g	---			---	---
Isoleucine	g	---			---	---
Leucine	g	---			---	---
Lysine	g	---			---	---
Methionine	g	---			---	---
Cystine	g	---			---	---
Phenylalanine	g	---			---	---
Tyrosine	g	---			---	---
Valine	g	---			---	---
Arginine	g	---			---	---
Histidine	g	---			---	---
Alanine	g	---			---	---
Aspartic acid	g	---			---	---
Glutamic acid	g	---			---	---
Glycine	g	---			---	---
Proline	g	---			---	---
Serine	g	---			---	---

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	1 slice	1 pkg, net wt,	
				= 10 g ¹	4 oz = 113 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	36.18	0.802	9	3.62 41	40.88 460
Food energy	{ kcal	407			170	1,845
	{ kJ	1,702				7,720
Protein (N X 6.25)	g	22.58	0.092	9	2.26 3.37	25.51 38.10
Total lipid (fat)	g	33.72	0.554	9	0.16	1.81
Carbohydrate, total	g	1.60			0.00	0.00
Fiber	g	0.00			0.00	0.00
Ash	g	5.92	0.211	9	0.59	6.69
MINERALS:						
Calcium	mg	13		1	1	59
Iron	mg	1.30		1	0.13	5.90
Magnesium	mg	22		1	2	
Phosphorus	mg	229		1	23	100
Potassium	mg	---			259	1,039
Sodium	mg	2,260		1	226	10,251
Zinc	mg	4.20		1	0.42	19.05
Copper	mg	0.16		1	0.02	0.73
Manganese	mg	0.070		1	0.007	0.318
VITAMINS:						
Ascorbic acid	mg	0.930		1	0.093	4.218
Thiamin	mg	0.330		1	0.033	0.373
Riboflavin	mg	5.600		1	0.560	1.497
Niacin	mg	---			6.328	25.402
Pantothenic acid	mg	---			---	---
Vitamin B ₆	mg	0.55		1	0.06	0.62
Folacin	mcg	---			---	2.49
Vitamin B ₁₂	mcg	2.80		1	0.28	3.16
Vitamin A	{ RE					12.70
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	11.89			1.19	13.43
4:0	g					53.91
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.52			0.05	0.59
16:0	g	7.64			0.76	8.64
18:0	g	3.56			0.36	4.02
Monounsaturated, total	g	16.00			1.60	16.14
16:1	g	1.22			0.12	72.59
18:1	g	14.67			1.47	5.53
20:1	g					66.55
22:1	g					
Polyunsaturated, total	g	3.74			0.37	16.98
18:2	g	3.27			0.33	14.82
18:3	g	0.28			0.03	1.27
18:4	g					
20:4	g	0.16			0.02	0.18
20:5	g					0.73
22:5	g					
22:6	g					
Cholesterol	mg	---			---	---
Phytosterols	mg	---			---	---
AMINO ACIDS:						
Tryptophan	g	0.253		1	0.025	0.286
Threonine	g	1.012		1	0.101	1.144
Isoleucine	g	1.084		1	0.108	1.225
Leucine	g	1.625		1	0.163	1.836
Lysine	g	1.878		1	0.188	2.122
Methionine	g	0.470		1	0.047	0.531
Cystine	g	0.289		1	0.029	0.327
Phenylalanine	g	0.940		1	0.094	1.062
Tyrosine	g	0.686		1	0.069	0.775
Valine	g	1.120		1	0.112	1.266
Arginine	g	1.373		1	0.137	1.551
Histidine	g	0.614		1	0.061	0.694
Alanine	g	1.336		1	0.134	1.510
Aspartic acid	g	2.095		1	0.210	2.367
Glutamic acid	g	3.829		1	0.383	9.503
Glycine	g	1.553		1	0.155	4.327
Proline	g	1.336		1	0.134	1.7368
Serine	g	0.903		1	0.090	7.044
						6.060
						4.096

¹ Weight applies to slice, which is 3-1/8 in diam., 1/16 in thick; 12 per 4 oz pkg.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	
				1 slice = 10 g ¹		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	34.70	1.289	19	3.47 42	39.21 472
Food energy	{ kcal	418			175	1,895 7,929
kj	1,748					
Protein (N X 6.25)	g	22.86	0.478	19	2.29	25.84
Total lipid (fat)	g	34.39	0.818	19	3.44	38.86
Carbohydrate, total	g	2.59			0.26	2.92
- Fiber	g	0.00			0.00	0.00
Ash	g	5.47	0.135	19	0.55	6.18
MINERALS:						
Calcium	mg	8	0.957	4	1	8
Iron	mg	1.51	0.348	4	0.15	1.71
Magnesium	mg	17	1.130	5	2	19
Phosphorus	mg	142	16.245	4	14	160
Potassium	mg	378	19.150	4	38	427
Sodium	mg	1,860	90.112	4	186	2,101
Zinc	mg	3.23	0.373	4	0.32	3.64
Copper	mg	0.08	0.025	4	0.01	0.08
Manganese	mg	0.038	0.007	4	0.004	0.043
VITAMINS:						
Ascorbic acid ²	mg	26	4.534	4	3	29
Thiamin	mg	0.600	0.023	4	0.060	0.678
Riboflavin	mg	0.285	0.015	4	0.029	0.322
Niacin	mg	4.867	0.182	4	0.487	5.500
Pantothenic acid	mg	1.06	0.017	3	0.11	1.19
Vitamin B ₆	mg	0.50	0.121	4	0.05	0.56
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	1.90	0.205	4	0.19	2.14
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.20			1.22	13.78
4:0	g					55.33
6:0	g					
8:0	g					
10:0	g	0.06	0.038	4	0.01	0.06
12:0	g	0.04	0.022	4	0.00	0.04
14:0	g	0.51	0.051	4	0.05	0.57
16:0	g	7.60	0.326	4	0.76	8.59
18:0	g	4.00	0.261	4	0.40	4.52
Monounsaturated, total	g	17.10			1.71	19.32
16:1	g	1.69	0.153	4	0.17	1.91
18:1	g	15.40	0.582	4	1.54	17.40
20:1	g					69.86
22:1	g					
Polyunsaturated, total	g	3.21			0.32	3.62
18:2	g	2.87	0.401	4	0.29	3.25
18:3	g	0.33	0.144	4	0.03	0.38
18:4	g					1.52
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	79	9.815	3	8	89
Phytosterols	mg					358
AMINO ACIDS:						
Tryptophan	g	0.210			0.021	0.237
Threonine	g	0.959			0.096	1.084
Isoleucine	g	0.971			0.097	1.097
Leucine	g	1.732			0.173	1.957
Lysine	g	1.824			0.182	2.061
Methionine	g	0.593			0.059	0.670
Cystine	g	0.262			0.026	0.296
Phenylalanine	g	0.868			0.087	0.981
Tyrosine	g	0.710			0.071	0.802
Valine	g	1.083			0.108	1.224
Arginine	g	1.516			0.152	1.713
Histidine	g	0.699			0.070	0.790
Alanine	g	1.480			0.148	1.672
Aspartic acid	g	2.073			0.207	2.342
Glutamic acid	g	3.383			0.338	3.823
Glycine	g	1.641			0.164	1.854
Proline	g	1.188			0.119	1.342
Serine	g	0.942			0.094	1.064

¹ Weight applies to slice, which is 3-1/8 in diam., 1/16 in thick; 12 per 4 oz pkg.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
	A	B	C	E 1 tbsp = 15 g	F 1 oz = 28.35 g	G	
PROXIMATE:							
Water	g	60.28	0.361	5	9.04 35 148	17.09 67 279	273.43 1,067 4,466
Food energy	{ kcal	235					
	{ kJ	985					
Protein (N X 6.25)	g	7.66	0.250	5	1.15	2.17	34.73
Total lipid (fat)	g	17.34	0.202	5	2.60	4.92	78.65
Carbohydrate, total	g	11.94			1.79	3.39	54.17
Fiber	g						
Ash	g	2.78	0.038	5	0.42	0.79	12.61
MINERALS:							
Calcium	mg	12	0.928	5	2	3	53
Iron	mg	0.79	0.115	5	0.12	0.22	3.59
Magnesium	mg	8	0.200	5	1	2	37
Phosphorus	mg	59	4.069	5	9	17	266
Potassium	mg	110	5.819	5	16	31	497
Sodium	mg	1,013	50.540	5	152	287	4,596
Zinc	mg	1.02	0.097	5	0.15	0.29	4.63
Copper	mg	0.13	0.041	5	0.02	0.04	0.60
Manganese	mg	0.026	0.002	4	0.004	0.007	0.118
VITAMINS:							
Ascorbic acid	mg	0	0.245	5	0	0	2
Thiamin	mg	0.172	0.013	5	0.026	0.049	0.780
Riboflavin	mg	0.134	0.012	5	0.020	0.038	0.608
Niacin	mg	1.730	0.066	5	0.260	0.490	7.847
Pantothenic acid	mg	0.43	0.027	3	0.06	0.12	1.96
Vitamin B ₆	mg	0.12	0.012	5	0.02	0.03	0.54
Folacin	mcg	---			---	---	---
Vitamin B ₁₂	mcg	1.12	0.175	5	0.17	0.32	5.06
Vitamin A	{ RE	---			---	---	---
	{ IU	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.99			0.90	1.70	27.16
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05	0.005	2	0.01	0.01	0.23
12:0	g	0.05	0.000	2	0.01	0.01	0.21
14:0	g	0.29	0.027	5	0.04	0.08	1.32
16:0	g	3.58	0.099	5	0.54	1.01	16.23
18:0	g	2.02	0.076	5	0.30	0.57	9.18
Monounsaturated, total	g	7.61			1.14	2.16	34.50
16:1	g	0.71	0.059	5	0.11	0.20	3.23
18:1	g	6.89	0.168	5	1.03	1.95	31.27
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.56			0.38	0.73	11.63
18:2	g	2.19	0.068	5	0.33	0.62	9.93
18:3	g	0.38	0.086	5	0.06	0.11	1.70
18:4	g						
20:4	g	---			---	---	---
20:5	g	---			---	---	---
22:5	g	---			---	---	---
22:6	g	---			---	---	---
Cholesterol	mg	38	1.764	3	6	11	171
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g				---	---	---
Threonine	g				---	---	---
Isoleucine	g				---	---	---
Leucine	g				---	---	---
Lysine	g				---	---	---
Methionine	g				---	---	---
Cystine	g				---	---	---
Phenylalanine	g				---	---	---
Tyrosine	g				---	---	---
Valine	g				---	---	---
Arginine	g				---	---	---
Histidine	g				---	---	---
Alanine	g				---	---	---
Aspartic acid	g				---	---	---
Glutamic acid	g				---	---	---
Glycine	g				---	---	---
Proline	g				---	---	---
Serine	g				---	---	---

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 link = 68 g ¹	1 little link = 16 g ²	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	39.27	1.600	6	26.70 265 = 68 g ¹	6.28 62 261 = 16 g ²
Food energy	{ kcal	389	1,628	1,107		1,765 7,386
Protein (N X 6.25)	g	22.17	0.806	6	15.07 21.59 = 68 g ¹	3.55 5.08 = 16 g ²
Total lipid (fat)	g	31.75	1.404	6	21.59 1.43 = 68 g ¹	5.08 0.34 = 16 g ²
Carbohydrate, total	g	2.10			1.43 0.00 = 68 g ¹	0.34 0.00 = 16 g ²
Fiber	g	0.00			0.00 = 68 g ¹	0.00 = 16 g ²
Ash	g	4.72	0.101	6	3.21 = 68 g ¹	0.75 = 16 g ²
MINERALS:						
Calcium	mg	30	3.010	5	20 0.79	5 0.19
Iron	mg	1.16	0.180	6		134 5.28
Magnesium	mg	19	1.621	6	13 110 228	3 26 54
Phosphorus	mg	162	15.277	6		733 1,524
Potassium	mg	336	17.261	6		6,804
Sodium	mg	1,500	96.609	6	1,020 1,020	
Zinc	mg	2.82	0.285	6	1.92 0.05	0.45 0.01
Copper	mg	0.07	0.011	6		12.78 0.33
Manganese	mg	--			--	--
VITAMINS:						
Ascorbic acid	mg	2	1.276	6	1 0.476	0 0.112
Thiamin	mg	0.700	0.018	6		3.175
Riboflavin	mg	0.257	0.015	6	0.175 0.175	0.041 0.166
Niacin	mg	4.532	0.365	6	3.082 3.082	0.725 20.557
Pantothenic acid	mg	0.78		1	0.53 0.53	0.12 3.54
Vitamin B ₆	mg	0.35	0.018	6	0.24 0.24	0.06 1.60
Folacin	mcg	--			--	--
Vitamin B ₁₂	mcg	1.63	0.081	6	1.11 1.11	0.26 7.40
Vitamin A	{ RE					
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	11.32			7.70	1.81
4:0	g					51.36
6:0	g					
8:0	g					
10:0	g	0.04	0.020	4	0.03 0.03	0.20 0.20
12:0	g	0.04	0.020	4		
14:0	g	0.40	0.026	4	0.27 0.27	1.83 32.07
16:0	g	7.07	0.333	4	4.81 4.81	1.13 1.13
18:0	g	3.76	0.237	4	2.56 2.56	0.60 0.60
Monounsaturated, total	g	14.64			9.95 9.95	2.34 2.34
16:1	g	1.01	0.085	4	0.69 0.69	0.16 4.59
18:1	g	13.63	0.604	4	9.27 9.27	2.18 2.18
20:1	g					61.81
22:1	g					
Polysaturated, total	g	3.76			2.55 2.30	0.60 0.54
18:2	g	3.39	0.164	4		17.03 15.35
18:3	g	0.37	0.053	4	0.25 0.25	0.06 1.68
18:4	g	--			--	--
20:4	g	--			--	--
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	68	8.614	5	46	11
Phytosterols	mg					306
AMINO ACIDS:						
Tryptophan	g	0.216			0.147 0.147	0.035 0.980
Threonine	g	0.929			0.632 0.632	0.149 4.214
Isoleucine	g	0.951			0.653 0.653	0.154 4.359
Leucine	g	1.692			1.151 1.151	0.271 7.675
Lysine	g	1.745			1.187 1.187	0.279 7.915
Methionine	g	0.596			0.405 0.405	0.095 2.703
Cystine	g	0.248			0.169 0.169	0.040 1.125
Phenylalanine	g	0.848			0.577 0.577	0.136 3.847
Tyrosine	g	0.699			0.475 0.475	0.112 3.171
Valine	g	1.068			0.726 0.726	0.171 4.844
Arginine	g	1.454			0.989 0.989	0.233 6.595
Histidine	g	0.699			0.475 0.475	0.112 3.171
Alanine	g	1.419			0.965 0.965	0.227 6.437
Aspartic acid	g	2.032			1.382 1.382	0.325 9.217
Glutamic acid	g	3.327			2.262 2.262	0.532 15.091
Glycine	g	1.561			1.061 1.061	0.250 7.081
Proline	g	1.121			0.762 0.762	0.179 5.085
Serine	g	0.919			0.625 0.625	0.147 4.169

¹ Weight applies to link, which is 4 in long, 1-1/8 in diam.² Weight applies to link, which is 2 in long, 3/4 in diam.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 link = 68 g ¹	1 little link = 16 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	52.16	0.324	31	35.47	8.35	
Food energy	{ kcal	336		229	54	236.59	
	{ kJ	1,407		957	225	1,525	
Protein (N X 6.25)	g	13.40	0.181	31	9.11	2.14	
Total lipid (fat)	g	30.33	0.365	31	20.62	4.85	
Carbohydrate, total	g	1.43			0.97	0.23	
Fiber	g	0.00			0.00	0.00	
Ash	g	2.69	0.039	21	1.83	0.43	
MINERALS:							
Calcium	mg	10	0.748	17	7	2	
Iron	mg	1.45	0.079	31	0.99	0.23	
Magnesium	mg	12	0.327	21	8	2	
Phosphorus	mg	107	4.367	21	73	17	
Potassium	mg	189	6.349	21	129	30	
Sodium	mg	945	22.228	21	642	151	
Zinc	mg	2.11	0.070	21	1.44	0.34	
Copper	mg	0.06	0.008	20	0.04	0.01	
Manganese	mg	0.037	0.003	9	0.025	0.006	
VITAMINS:							
Ascorbic acid ³	mg	19	0.750	30	13	3	
Thiamin	mg	0.260	0.009	31	0.177	0.042	
Riboflavin	mg	0.170	0.006	31	0.116	0.027	
Niacin	mg	3.227	0.085	31	2.194	0.516	
Pantothenic acid	mg	0.44	0.050	6	0.30	0.07	
Vitamin B ₆	mg	0.17	0.008	31	0.12	0.03	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	1.51	0.079	31	1.03	0.24	
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	10.62			7.22	1.70	
4:0	g					48.16	
6:0	g						
8:0	g						
10:0	g	0.05	0.012	15	0.03	0.01	
12:0	g	0.04	0.010	15	0.03	0.01	
14:0	g	0.41	0.011	19	0.28	0.06	
16:0	g	6.57	0.100	19	4.47	1.05	
18:0	g	3.55	0.080	19	2.42	0.57	
Monounsaturated, total	g	14.19			9.65	2.27	
16:1	g	1.13	0.039	19	0.77	0.18	
18:1	g	13.06	0.200	19	8.88	2.09	
20:1	g					59.23	
22:1	g						
Polyunsaturated, total	g	3.26			2.21	0.52	
18:2	g	2.88	0.060	19	1.96	0.46	
18:3	g	0.38	0.036	19	0.26	0.06	
18:4	g					1.71	
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71	5.053	18	48	11	
Phytosterols	mg					322	
AMINO ACIDS:							
Tryptophan	g	0.107		2	0.073	0.017	
Threonine	g	0.465		2	0.316	0.074	
Isoleucine	g	0.485		2	0.330	0.078	
Leucine	g	0.810		2	0.551	0.130	
Lysine	g	0.903		2	0.614	0.144	
Methionine	g	0.364		2	0.248	0.058	
Cystine	g	0.105		2	0.071	0.017	
Phenylalanine	g	0.405		2	0.275	0.065	
Tyrosine	g	0.386		2	0.262	0.062	
Valine	g	0.464		2	0.316	0.074	
Arginine	g	0.765		2	0.520	0.122	
Histidine	g	0.395		2	0.269	0.063	
Alanine	g	0.774		2	0.526	0.124	
Aspartic acid	g	1.136		2	0.772	0.182	
Glutamic acid	g	1.994		2	1.356	0.319	
Glycine	g	0.857		2	0.583	0.137	
Proline	g	0.673		2	0.458	0.108	
Serine	g	0.510		2	0.347	0.082	

¹ Weight applies to link, which is 4 in long, 1-1/8 in diam.² Weight applies to link, which is 2 in long, 3/4 in diam.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 link = 68 g ¹	1 little link = 16 g ²		
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g	57.40	0.497	8	39.03	9.18	260.37
Food energy	{ kcal	268			182	43	1,217
	kJ	1,122			763	180	5,091
Protein (N X 6.25)	g	13.97	0.437	8	9.50	2.24	63.36
Total lipid (fat)	g	21.43	0.871	8	14.57	3.43	97.18
Carbohydrate, total	g	3.97			2.70	0.64	18.00
Fiber	g						
Ash	g	3.24	0.112	8	2.20	0.52	14.68
MINERALS:							
Calcium	mg	18	3.182	8	12	3	81
Iron	mg	1.55	0.206	8	1.05	0.25	7.03
Magnesium	mg	13	0.921	8	9	2	60
Phosphorus	mg	110	5.976	8	74	18	497
Potassium	mg	155	8.149	8	105	25	704
Sodium	mg	1,089	68.721	8	741	174	4,940
Zinc	mg	2.00	0.182	8	1.36	0.32	9.07
Copper	mg	0.09	0.016	8	0.06	0.02	0.43
Manganese	mg	0.052	0.005	8	0.035	0.008	0.236
VITAMINS:							
Ascorbic acid ³	mg	3	1.025	8	2	0	13
Thiamin	mg	0.235	0.015	8	0.160	0.038	1.066
Riboflavin	mg	0.176	0.012	8	0.120	0.028	0.798
Niacin	mg	2.701	0.114	8	1.837	0.432	12.252
Pantothenic acid	mg	--			--	--	--
Vitamin B ₆	mg	0.13	0.007	8	0.09	0.02	0.57
Folacin	mcg	--			--	--	--
Vitamin B ₁₂	mcg	1.32	0.058	8	0.89	0.21	5.96
Vitamin A	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	7.82			5.32	1.25	35.46
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04	0.007	8	0.03	0.01	0.17
12:0	g	0.03	0.008	8	0.02	0.00	0.14
14:0	g	0.34	0.023	8	0.23	0.05	1.53
16:0	g	4.71	0.202	8	3.21	0.75	21.38
18:0	g	2.70	0.135	8	1.84	0.43	12.25
Monounsaturated, total	g	9.93			6.75	1.59	45.05
16:1	g	0.82	0.058	8	0.56	0.13	3.71
18:1	g	9.11	0.347	8	6.20	1.46	41.34
20:1	g						
22:1	g						
Polysaturated, total	g	2.26			1.54	0.36	10.26
18:2	g	1.88	0.118	8	1.28	0.30	8.54
18:3	g	0.38	0.088	8	0.26	0.06	1.72
18:4	g						
20:4	g	--			--	--	--
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	87	5.502	7	59	14	396
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.140			0.095	0.022	0.635
Threonine	g	0.572			0.389	0.092	2.595
Isoleucine	g	0.621			0.422	0.099	2.817
Leucine	g	1.076			0.732	0.172	4.881
Lysine	g	1.079			0.734	0.173	4.894
Methionine	g	0.359			0.244	0.057	1.628
Cystine	g	0.162			0.110	0.026	0.735
Phenylalanine	g	0.540			0.367	0.086	2.449
Tyrosine	g	0.459			0.312	0.073	2.082
Valine	g	0.676			0.460	0.108	3.066
Arginine	g	0.869			0.591	0.139	3.942
Histidine	g	0.434			0.295	0.069	1.969
Alanine	g	0.885			0.602	0.142	4.014
Aspartic acid	g	1.273			0.866	0.204	5.774
Glutamic acid	g	2.252			1.531	0.360	10.215
Glycine	g	0.972			0.661	0.156	4.409
Proline	g	0.837			0.569	0.134	3.797
Serine	g	0.591			0.402	0.095	2.681

¹ Weight applies to link, which is 4 in long, 1-1/8 in diam.² Weight applies to link, which is 2 in long, 3/4 in diam.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 link = 68 g ¹ E	1 little link = 16 g ² F		
PROXIMATE:							
Water	g	53.91	0.190	52	36.66 213	8.63 50	
Food energy	{ kcal	313			891	1,420	
	{ kJ	1,310				5,943	
Protein (N X 6.25)	g	13.28	0.092	52	9.03 18.77	2.12 4.42	
Total lipid (fat)	g	27.61	0.161	52		60.23 125.22	
Carbohydrate, total	g	1.92			1.31	8.71	
Fiber	g	0.00			0.00	0.00	
Ash	g	3.29	0.088	7	2.23	0.53	
MINERALS:							
Calcium	mg	41	0.922	52	28	184	
Iron	mg	1.47	0.039	52	1.00	6.66	
Magnesium	mg	16	0.421	7	11	74	
Phosphorus	mg	137	7.485	7	93	621	
Potassium	mg	286	12.983	7	194	1,295	
Sodium	mg	1,173	24.127	7	798	5,320	
Zinc	mg	1.96	0.065	7	1.33	8.88	
Copper	mg	0.09	0.010	7	0.06	0.43	
Manganese	mg	0.038	0.004	7	0.026	0.172	
VITAMINS:							
Ascorbic acid ³	mg	21	0.523	45	14	93	
Thiamin	mg	0.193	0.005	52	0.131	0.031	
Riboflavin	mg	0.214	0.004	52	0.146	0.034	
Niacin	mg	2.845	0.057	52	1.935	0.455	
Pantothenic acid	mg	0.61	0.150	2	0.41	0.10	
Vitamin B ₆	mg	0.18	0.004	52	0.12	0.03	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	1.57	0.043	52	1.07	0.25	
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	9.72			6.61	1.55	
4:0	g					44.07	
6:0	g						
8:0	g						
10:0	g	0.09	0.025	7	0.06	0.39	
12:0	g	0.06	0.017	7	0.04	0.27	
14:0	g	0.36	0.022	7	0.25	1.65	
16:0	g	5.92	0.104	7	4.03	26.87	
18:0	g	3.28	0.080	7	2.23	14.88	
Monounsaturated, total	g	12.64			8.60	57.35	
16:1	g	0.98	0.065	7	0.67	4.45	
18:1	g	11.66	0.220	7	7.93	52.90	
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.02			2.05	13.70	
18:2	g	2.63	0.085	7	1.79	11.92	
18:3	g	0.39	0.099	7	0.27	1.78	
18:4	g						
20:4	g	---			---	---	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	65	2.473	7	44	10	
Phytosterols	mg					294	
AMINO ACIDS:							
Tryptophan	g	0.135			0.092	0.612	
Threonine	g	0.552			0.375	2.504	
Isoleucine	g	0.605			0.411	2.744	
Leucine	g	1.044			0.710	4.736	
Lysine	g	1.043			0.709	4.731	
Methionine	g	0.344			0.234	1.560	
Cystine	g	0.151			0.103	0.685	
Phenylalanine	g	0.520			0.354	2.359	
Tyrosine	g	0.451			0.307	2.046	
Valine	g	0.660			0.449	2.994	
Arginine	g	0.813			0.553	3.688	
Histidine	g	0.414			0.282	1.878	
Alanine	g	0.826			0.562	3.747	
Aspartic acid	g	1.213			0.825	5.502	
Glutamic acid	g	2.135			1.452	9.684	
Glycine	g	0.894			0.608	4.055	
Proline	g	0.814			0.554	3.692	
Serine	g	0.570			0.388	2.586	

¹ Weight applies to link, which is 4 in long, 1 1/8 in diam.² Weight applies to link, which is 2 in long, 3/4 in diam.³ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 slice = 23 g ¹	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	48.00	0.663	42	11.04	13.61
Food energy	{ kcal	347		80	98	217.72
	{ kJ	1,453		334	412	1,576
Protein (N X 6.25)	g	16.04	0.081	42	3.69	4.55
Total lipid (fat)	g	29.93	0.674	42	6.88	8.49
Carbohydrate, total	g	2.29			0.53	0.65
Fiber	g	0.00			0.00	0.00
Ash	g	3.74	0.071	42	0.86	1.06
MINERALS:						
Calcium	mg	7	1.333	8	2	33
Iron	mg	2.04	0.239	9	0.47	0.58
Magnesium	mg	12	0.577	9	3	54
Phosphorus	mg	100	7.021	9	23	28
Potassium	mg	231	6.770	9	53	65
Sodium	mg	1,453	41.249	9	334	412
Zinc	mg	2.02	0.104	9	0.47	0.57
Copper	mg	0.09	0.019	9	0.02	0.02
Manganese	mg	0.031	0.003	9	0.007	0.009
VITAMINS:						
Ascorbic acid ²	mg	23	2.478	9	5	7
Thiamin	mg	0.169	0.013	9	0.039	0.048
Riboflavin	mg	0.299	0.027	9	0.069	0.085
Niacin	mg	4.088	0.189	9	0.940	1.159
Pantothenic acid	mg	0.55	0.015	2	0.13	0.15
Vitamin B ₆	mg	0.30	0.042	9	0.07	0.09
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	4.61	0.599	9	1.06	1.31
Vitamin A	{ RE					20.92
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.03			2.77	3.41
4:0	g					54.55
6:0	g					
8:0	g					
10:0	g	0.05	0.013	9	0.01	0.02
12:0	g	0.05	0.012	9	0.01	0.01
14:0	g	0.72	0.053	9	0.16	0.20
16:0	g	6.83	0.173	9	1.57	1.94
18:0	g	4.38	0.151	9	1.01	1.24
Monounsaturated, total	g	13.93			3.20	3.95
16:1	g	1.79	0.099	9	0.41	0.51
18:1	g	12.14	0.344	9	2.79	3.44
20:1	g					55.09
22:1	g					
Polyunsaturated, total	g	1.89			0.43	0.54
18:2	g	1.56	0.236	9	0.36	0.44
18:3	g	0.33	0.045	9	0.08	0.09
18:4	g					1.50
20:4	g				---	---
20:5	g	---			---	---
22:5	g					
22:6	g					
Cholesterol	mg	68	4.576	8	16	19
Phytosterols	mg					308
AMINO ACIDS:						
Tryptophan	g	0.154		1	0.035	0.044
Threonine	g	0.688		1	0.158	0.195
Isoleucine	g	0.768		1	0.177	0.218
Leucine	g	1.048		1	0.241	0.297
Lysine	g	1.383		1	0.318	0.392
Methionine	g	0.352		1	0.081	0.100
Cystine	g	0.197		1	0.045	0.056
Phenylalanine	g	0.577		1	0.133	0.164
Tyrosine	g	0.542		1	0.125	0.154
Valine	g	0.804		1	0.185	0.228
Arginine	g	0.993		1	0.228	0.282
Histidine	g	0.469		1	0.108	0.133
Alanine	g	1.014		1	0.233	0.287
Aspartic acid	g	1.438		1	0.331	0.408
Glutamic acid	g	2.205		1	0.507	0.625
Glycine	g	1.103		1	0.254	0.313
Proline	g	0.860		1	0.198	0.244
Serine	g	0.678		1	0.156	0.192

¹ Weight applies to slice, which is 4-1/8 in diam., 1/8 in thick; 10 per 8 oz pkg.² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

TURKEY BREAST MEAT

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				2 slices = 42.5 g	1 slice = 21 g ¹		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	71.85	0.674	4	30.54 47	15.09 23	
Food energy	{ kcal	110			196	500 2,093	
	kJ	461				102.06	
Protein (N X 6.25)	g	22.50	0.589	4	9.56 0.67	7.14 0.33	
Total lipid (fat)	g	1.58	0.236	4	0.00 0.00	0.00 0.00	
Carbohydrate, total	g	0.00			0.00 0.00	0.00 0.00	
Fiber	g	0.00			1.77	0.88	
Ash	g	4.18	0.179	4		18.94	
MINERALS:							
Calcium	mg	7	1.000	2	3	32	
Iron	mg	0.40	0.064	4	0.17 9	1.81 91	
Magnesium	mg	20	0.707	4	97	1,039	
Phosphorus	mg	229	11.030	4	48 58	1,261	
Potassium	mg	278	13.571	4	118 608	6,491	
Sodium	mg	1,431	106.478	4	301	5.10	
Zinc	mg	1.13	0.085	4	0.48 0.02	0.24 0.01	
Copper	mg	0.05	0.009	3	---	---	
Manganese	mg	---			---	---	
VITAMINS:							
Ascorbic acid ²	mg	0			0	0	
Thiamin	mg	0.040	0.008	4	0.017 0.045	0.008 0.022	
Riboflavin	mg	0.107	0.011	4	3.537	0.485 37.749	
Niacin	mg	8.322	0.416	4	0.25 0.15	0.12 0.07	
Pantothenic acid	mg	0.59	0.190	2	0.15	2.68	
Vitamin B6	mg	0.36	0.050	4	---	1.61	
Folacin	mcg	---			---	---	
Vitamin B12	mcg	2.02	0.754	4	0.86 0	0.42 0	
Vitamin A	{ RE	0			0	0	
	{ IU	0			0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.48			0.21	0.10	
4:0	g					2.20	
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.00	0.000	3	0.00	0.00	
14:0	g	0.02	0.003	3	0.01	0.07	
16:0	g	0.30	0.052	3	0.13	1.34	
18:0	g	0.15	0.032	3	0.07	0.70	
Monounsaturated, total	g	0.45			0.19	2.02	
16:1	g	0.07	0.017	3	0.03	0.30	
18:1	g	0.38	0.070	3	0.16	1.72	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.28			0.12	1.25	
18:2	g	0.26	0.046	3	0.11	1.16	
18:3	g	0.02	0.006	3	0.01	0.07	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	41	4.750	4	17	9	
Phytosterols	mg					185	
AMINO ACIDS:							
Tryptophan	g	0.256			0.109	1.161	
Threonine	g	1.001			0.425	4.541	
Isoleucine	g	1.170			0.497	5.307	
Leucine	g	1.793			0.762	8.133	
Lysine	g	2.120			0.901	9.616	
Methionine	g	0.652			0.277	2.957	
Cystine	g	0.234			0.099	1.061	
Phenylalanine	g	0.893			0.380	4.051	
Tyrosine	g	0.889			0.378	4.033	
Valine	g	1.195			0.508	5.421	
Arginine	g	1.570			0.667	7.122	
Histidine	g	0.702			0.298	3.184	
Alanine	g	1.393			0.592	6.319	
Aspartic acid	g	2.185			0.929	9.911	
Glutamic acid	g	3.672			1.561	16.656	
Glycine	g	1.116			0.474	5.062	
Proline	g	0.936			0.398	4.246	
Serine	g	1.001			0.425	4.541	

¹ Weight applies to slice 3-1/2 in square; 8 per 6 oz pkg.² Product may contain 26.0 mg of ascorbic acid per 100 g, derived from added sodium ascorbate.

TURKEY HAM, Cured turkey thigh meat

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	2 slices = 56.7 g	1 pkg, net wt. 8 oz = 227 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	71.38	0.396	6	40.47	162.04
Food energy	{ kcal	128			73	581
Food energy	{ kJ	536			304	2,431
Protein (N X 6.25)	g	18.93	0.376	9	10.74	85.88
Total lipid (fat)	g	5.08	0.164	9	2.88	23.03
Carbohydrate, total	g	0.37			0.21	1.69
Fiber	g					
Ash	g	4.23	0.321	6	2.40	9.61
MINERALS:						
Calcium	mg	10	2.630	4	5	43
Iron	mg	2.76	0.945	5	1.57	12.54
Magnesium	mg	---			---	---
Phosphorus	mg	191		1	108	866
Potassium	mg	325		1	184	1,474
Sodium	mg	996	209.463	5	565	4,517
Zinc	mg	---			---	---
Copper	mg	---			---	---
Manganese	mg	---			---	---
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg	0.052	0.005	4	0.029	0.118
Riboflavin	mg	0.247	0.013	3	0.140	0.561
Niacin	mg	3.527			2.000	8.006
Pantothenic acid	mg	---			---	---
Vitamin B ₆	mg	---			---	---
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	---			---	---
Vitamin A	{ RE					
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.70			0.97	3.87
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.01			0.01	0.02
14:0	g	0.03			0.02	0.07
16:0	g	0.90			0.51	2.04
18:0	g	0.51			0.29	1.16
Monounsaturated, total	g	1.15			0.65	2.62
16:1	g	0.17			0.10	0.38
18:1	g	0.95			0.54	2.16
20:1	g	0.02			0.01	0.04
22:1	g	0.01			0.01	0.03
Polynsaturated, total	g	1.52			0.86	3.45
18:2	g	1.23			0.70	2.79
18:3	g	0.05			0.03	0.10
18:4	g					
20:4	g	0.18			0.10	0.41
20:5	g					
22:5	g	0.03			0.01	0.06
22:6	g	0.04			0.02	0.09
Cholesterol	mg				---	---
Phytosterols	mg	---			---	---
AMINO ACIDS:						
Tryptophan	g	0.215			0.122	0.488
Threonine	g	0.842			0.477	1.911
Isoleucine	g	0.984			0.558	2.234
Leucine	g	1.508			0.855	3.423
Lysine	g	1.784			1.012	4.050
Methionine	g	0.548			0.311	1.244
Cystine	g	0.197			0.112	0.447
Phenylalanine	g	0.751			0.426	1.705
Tyrosine	g	0.748			0.424	1.698
Valine	g	1.006			0.570	2.284
Arginine	g	1.321			0.749	2.999
Histidine	g	0.591			0.335	1.342
Alanine	g	1.172			0.665	2.660
Aspartic acid	g	1.839			1.043	4.175
Glutamic acid	g	3.090			1.752	7.014
Glycine	g	0.939			0.532	2.132
Proline	g	0.788			0.447	1.789
Serine	g	0.842			0.477	1.911

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				2 slices = 56.7 g	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	70.15	0.750	2	39.78	19.89	
Food energy	{ kcal	149			84	42	
	{ kJ	622			353	176	
Protein (N X 6.25)	g	18.14	0.751	8	10.28	5.14	
Total lipid (fat)	g	6.99	0.703	8	3.96	1.98	
Carbohydrate, total	g	2.13			1.20	0.60	
Fiber	g						
Ash	g	2.60	0.200	2	1.47	0.74	
MINERALS:							
Calcium	mg	32	8.737	8	18	9	
Iron	mg	1.35	0.144	8	0.76	0.38	
Magnesium	mg	18		1	10	5	
Phosphorus	mg	168		1	95	48	
Potassium	mg	270	26.242	7	153	77	
Sodium	mg	586	64.326	8	332	166	
Zinc	mg	2.00		1	1.13	0.57	
Copper	mg	0.07		1	0.04	0.02	
Manganese	mg	---			---	---	
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.091	0.006	7	0.052	0.026	
Riboflavin	mg	0.284	0.045	7	0.161	0.081	
Niacin	mg	4.800		1	2.722	1.361	
Pantothenic acid	mg	---			---	---	
Vitamin B ₆	mg	---			---	---	
Folacin	mcg	---			---	---	
Vitamin B ₁₂	mcg	---			---	---	
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.04			1.15	0.58	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.01			0.01	0.00	
14:0	g	0.05			0.03	0.01	
16:0	g	1.25			0.71	0.35	
18:0	g	0.50			0.28	0.14	
Monounsaturated, total	g	2.30			1.31	0.65	
16:1	g	0.38			0.21	0.11	
18:1	g	1.87			1.06	0.53	
20:1	g	0.01			0.01	0.00	
22:1	g	0.01			0.01	0.00	
Polysaturated, total	g	1.78			1.01	0.51	
18:2	g	1.48			0.84	0.42	
18:3	g	0.08			0.05	0.02	
18:4	g						
20:4	g	0.14			0.08	0.04	
20:5	g						
22:5	g	0.02			0.01	0.01	
22:6	g	0.03			0.02	0.01	
Cholesterol	mg	55	6.616	7	31	16	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	---			---	---	
Threonine	g	---			---	---	
Isoleucine	g	---			---	---	
Leucine	g	---			---	---	
Lysine	g	---			---	---	
Methionine	g	---			---	---	
Cystine	g	---			---	---	
Phenylalanine	g	---			---	---	
Tyrosine	g	---			---	---	
Valine	g	---			---	---	
Arginine	g	---			---	---	
Histidine	g	---			---	---	
Alanine	g	---			---	---	
Aspartic acid	g	---			---	---	
Glutamic acid	g	---			---	---	
Glycine	g	---			---	---	
Proline	g	---			---	---	
Serine	g	---			---	---	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				2 slices = 56.7 g	1 oz = 28.35	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	71.55	0.950	2	40.57	20.28
Food energy	{ kcal	147			83	42
	kJ	615			349	174
Protein (N X 6.25)	g	18.70	0.823	9	10.60	5.30
Total lipid (fat)	g	7.22	0.873	9	4.09	2.05
Carbohydrate, total	g	0.53			0.30	0.15
Fiber	g					2.40
Ash	g	2.00	0.100	2	1.13	0.57
MINERALS:						
Calcium	mg	40	7.383	8	23	11
Iron	mg	1.28	0.372	8	0.72	0.36
Magnesium	mg	16		1	9	5
Phosphorus	mg	183		1	104	52
Potassium	mg	251	21.944	8	142	71
Sodium	mg	489	40.345	9	277	139
Zinc	mg	1.56		1	0.88	0.44
Copper	mg	0.04		1	0.02	0.01
Manganese	mg	---			---	---
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg	0.089	0.018	7	0.050	0.025
Riboflavin	mg	0.226	0.038	7	0.128	0.064
Niacin	mg	7.000			3.969	1.985
Pantothenic acid	mg	---			---	---
Vitamin B ₆	mg	---			---	---
Folacin	mcg	---			---	---
Vitamin B ₁₂	mcg	---			---	---
Vitamin A	{ RE				---	---
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.02			1.14	0.57
4:0	g					9.16
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.01			0.01	0.00
14:0	g	0.05			0.03	0.01
16:0	g	1.26			0.71	0.36
18:0	g	0.47			0.27	0.13
Monounsaturated, total	g	2.50			1.42	0.71
16:1	g	0.41			0.23	0.12
18:1	g	2.02			1.14	0.57
20:1	g	0.01			0.01	0.00
22:1	g	0.01			0.01	0.00
Polyunsaturated, total	g	1.74			0.99	0.49
18:2	g	1.42			0.81	0.40
18:3	g	0.09			0.05	0.02
18:4	g					0.39
20:4	g	0.14			0.08	0.04
20:5	g					0.62
22:5	g	0.02			0.01	0.01
22:6	g	0.02			0.01	0.01
Cholesterol	mg	43	2.485	9	24	12
Phytosterols	mg					193
AMINO ACIDS:						
Tryptophan	g	---			---	---
Threonine	g	---			---	---
Isoleucine	g	---			---	---
Leucine	g	---			---	---
Lysine	g	---			---	---
Methionine	g	---			---	---
Cystine	g	---			---	---
Phenylalanine	g	---			---	---
Tyrosine	g	---			---	---
Valine	g	---			---	---
Arginine	g	---			---	---
Histidine	g	---			---	---
Alanine	g	---			---	---
Aspartic acid	g	---			---	---
Glutamic acid	g	---			---	---
Glycine	g	---			---	---
Proline	g	---			---	---
Serine	g	---			---	---

VIENNA SAUSAGE, Canned, beef and pork

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 sausage = 16 g ¹	7 sausages = 113 g ²	
	A	B	C	D	E	F
PROXIMATE:						
Water	g	59.93	0.524	3	9.59 45	67.72 315
Food energy	{ kcal	279			187	1,266 5,298
Protein (N X 6.25)	g	1,168	0.205	3	1.65 4.03	11.63 28.48
Total lipid (fat)	g	10.29	0.500	3	0.33 0.00	9.26 0.00
Carbohydrate, total	g	25.20			0.00 0.41	114.31 11.49
Fiber	g	2.04				9.26
Ash	g	0.00				0.00
MINERALS:						
Calcium	mg	2.53	0.033	3	2 0.14	271.86 47
Iron	mg	10	2.028	3	0.99 0.14	1,266 3.98
Magnesium	mg	0.88	0.076	3	8 1	5,298 33
Phosphorus	mg	7	0.333	3	56 16	224 457
Potassium	mg	49	2.186	3	114	4,321
Sodium	mg	101	4.910	3		
Zinc	mg	953	18.415	3	1,077	
Copper	mg	1.60	0.058	3	0.26 0.00	7.26 0.12
Manganese	mg	0.03	0.007	3	0.03 0.005	0.12 0.132
VITAMINS:						
Ascorbic acid	mg	2.53	0.005	3	0 0.014	0 0.098
Thiamin	mg	0.029	0.017	3	0.017 0.258	0.395 7.317
Riboflavin	mg	0.029	0.012	3	0.121 1.823	0.485 7.317
Niacin	mg	0.029	0.155	3		
Pantothenic acid	mg	0.029	---		---	---
Vitamin B ₆	mg	0.029	0.027	3	0.02 0.02	0.53 0.13
Folacin	mcg	0.029	---		---	---
Vitamin B ₁₂	mcg	0.029	0.023	3	0.16 1.16	4.64
Vitamin A	{ RE					
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	9.28			1.48 10.49	42.10
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.03	0.010	3	0.00 0.00	0.13 0.10
12:0	g	0.02	0.014	3	0.09 0.09	0.66 2.65
14:0	g	0.59	0.028	3	0.87 0.51	24.69 14.53
16:0	g	5.44	0.214	3	6.15 3.62	
18:0	g	3.20	0.092	3	2.01 14.18	56.91
Monounsaturated, total	g	12.55				
16:1	g	1.52	0.088	3	0.24 0.24	6.91
18:1	g	11.02	0.318	3	1.72 1.72	50.00
20:1	g					
22:1	g					
Polyunsaturated, total	g	1.68			0.27 1.90	7.61
18:2	g	1.29	0.192	3	0.21 1.46	5.84
18:3	g	0.39	0.068	3	0.06 0.44	1.77
18:4	g					
20:4	g		---		---	---
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	52	5.686	3	8 59	236
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.109		1	0.017 0.123	0.494
Threonine	g	0.357		1	0.057 0.403	1.619
Isoleucine	g	0.557		1	0.089 0.629	2.527
Leucine	g	0.797		1	0.128 0.901	3.615
Lysine	g	0.791		1	0.127 0.894	3.588
Methionine	g	0.265		1	0.042 0.299	1.202
Cystine	g	0.175		1	0.028 0.198	0.794
Phenylalanine	g	0.425		1	0.068 0.480	1.928
Tyrosine	g	0.341		1	0.055 0.385	1.547
Valine	g	0.573		1	0.092 0.647	2.599
Arginine	g	0.707		1	0.113 0.799	3.207
Histidine	g	0.273		1	0.044 0.308	1.238
Alanine	g	0.651		1	0.104 0.736	2.953
Aspartic acid	g	1.005		1	0.161 1.136	4.559
Glutamic acid	g	1.304		1	0.209 1.474	5.915
Glycine	g	1.013		1	0.162 1.145	4.595
Proline	g	0.606		1	0.097 0.685	2.749
Serine	g	0.432		1	0.069 0.488	1.960

¹ Weight applies to sausage, which is 2 in long, 7/8 in diam.² Weight applies to drained contents from can, net wt, 4 oz.